



WEIGHT LIFTING WRIST WRAP

SKU: TT19270
8.50 €

Stock: In stock

Categories: [Fitness](#), [Fitness Accessories](#), [Power Lifting Straps](#), [Support Bands / Straps](#), [Weight Lifting Belts / Gloves](#), [Weights & Attachments](#)

PRODUCT DETAILS

Enhanced Product Description: Black Weight Lifting Straps

Take your strength training to the next level with our Black Weight Lifting Straps, the perfect companion for serious lifters aiming to surpass their grip limitations. Designed for exercises like deadlifts, shrugs, and rows, these straps provide the support you need to lift heavier and push through more reps. Whether you're looking to build muscle, improve endurance, or simply focus on your form, these straps ensure your grip strength doesn't become a limiting factor in your workout.

Key Features:

60cm Wrapping Length: Ideal length for securing a firm grip around bars, allowing for versatile use across various exercises.

4cm Width Strap: Provides ample surface area for better weight distribution, ensuring comfort and security during heavy lifts.

Padded Loop End: Offers enhanced wrist protection, reducing the risk of strain or injury and allowing for longer, more intense workout sessions.

These lifting straps are engineered to help you focus entirely on your target muscles without worrying about grip fatigue. By using straps, you can maintain a double overhand grip during deadlifts, promoting a more neutral body position. This approach supports even muscle development and minimizes the risks associated with an alternated grip, such as muscle imbalances or potential injuries.

Exercise Benefits of Black Weight Lifting Straps

1. Increased Lifting Capacity:

With the added support of the straps, you can lift heavier weights than your natural grip strength allows, enabling you to progressively overload your muscles for greater gains.

2. Enhanced Muscle Focus:

The straps enable you to isolate and target specific muscle groups, such as your back and shoulders, by removing the strain from your grip. This allows for better muscle engagement and more effective workouts.

3. Improved Safety:

By reducing grip fatigue, these straps help prevent drops and slips during heavy lifts, reducing the risk of injury. The padded loop end adds an extra layer of wrist protection, making your workout safer and more comfortable.

4. Versatility in Exercises:

Perfect for a wide range of pulling exercises, including deadlifts, rows, and shrugs, these straps allow you to maintain proper form and technique, regardless of the weight you're lifting.

5. Balanced Muscle Development:

Using a double overhand grip during exercises like deadlifts encourages symmetrical muscle development, reducing the risk of muscle imbalances that can occur with an alternated grip.