

The Ultimate In Performance Training

# IFBB PRO™ PADDED LIFTING STRAPS



**COMFORT WRIST PAD**  
Shock absorbing Breathe-O-Prene® SILVERtec™ wrist pad protects hand and wrist while training.

**TRIPLE STITCHED**  
Super strong support.

**EXTENDED LENGTH**  
Strap length: 21" x 2" wraps bar several times for maximum contact.

**BREATHABLE/  
REDUCES ODOR**

Made with patented Breathe-O-Prene® SILVERtec™ high-performance fabrics.

COMPARE	BREATHE-O-PRENE® with SILVERtec™	Aerated Neoprene	Neoprene
Patented	✓		
Breathable	✓	✓	
Moisture Wicking	✓	✓	
Latex Free	✓		
Anti-Microbial*	✓		
Anti-Bacterial*	✓		
Reduces Odor*	✓		
Adhesive Free	✓		

\* Silver nano-crystals inhibit the growth of odor causing bacteria on the inner layer of Breathe-O-Prene®

**RECOMMENDED USE**

To target back muscles more effectively while maintaining bar grip.

**PROPER FIT INSTRUCTIONS**

- Create wrist opening by inserting end of strap through loop.
- Insert hand through opening with the loop at base of palm.
- With strap between thumb and index finger, pull strap to fit around wrist.
- With strap hanging down, place hand on bar.
- Pull strap under bar and back over, twice.
- Turn bar towards you to secure strap hold.
- Repeat for other hand so straps mirror each other.



To learn more, visit [www.ifbbpro.com/products](http://www.ifbbpro.com/products)

**IFBB PRO Officially Licensed Merchandise**

sets the standard for performance training. Every IFBB PRO product is innovatively designed and engineered with high-tech, patented materials to offer superior support, comfort and durability for athletes and anyone desiring a healthy, fit body.

**Going strong since 1946.** The International Federation of Bodybuilders Professional League is one of the largest international sports federations in the world.

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**CARE INSTRUCTIONS**

Hand wash in warm water with mild detergent. Do not bleach. Air dry.

