SPORTENZIA

FITTING GUIDE

LOADING BELT FOR HIP THRUSTS AND GLUTE BRIDGES

Padded cushion that takes a dumbbell or kettlebell at each end to load hip thrusts, glute bridges and hip exercises, up to 100 kg. Attaching the load, checks and care on one page.



REF. CEINTURMUSCUBLCK · MAX. LOAD 100 KG · NYLON, EVA, STEEL

Before loading

A 9 cm wide cushion with an adjustable strap running through it, closed at the centre by a clip, and a steel lever buckle at each end. Dumbbells and kettlebells are not supplied. Two set-ups: an identical weight at each end, or a single dumbbell held by both loops, cushion folded around it. Never more than 100 kg in total.

Attaching the load

1. **Loosen one buckle** lift its lever and pull the strap to open a wide loop of webbing.
2. **Pass the loop around the handle** of the dumbbell (or the kettlebell handle), in the middle of the grip, then bring the weight against the edge of the cushion.
3. **Tighten** by pulling the free end of the strap through the buckle until the handle sits flat against the cushion with no play. Close the lever.
4. **Do the same on the other side** with an identical weight, or on the same handle for a single dumbbell: a belt loaded on one side only tips over.
5. **Test on the floor** lift the whole thing by the cushion and shake it: nothing should slide or turn. Retighten if needed.
6. **Put the belt in place** once you are in position: cushion flat in the crease of the hips for hip thrusts and glute bridges, weights either side of the pelvis, one hand on it if it moves.



A dumbbell at each end, or a single one held by both loops.

Specifications

Use	**Glutes, hips**	Max. load	**100 kg**
Width	**9 cm**	Length	**45.5 cm**
Strap	**36 cm, adjustable**	Materials	**Nylon, EVA, steel**
Colour	**Black**	Contents	**1 belt**

SAFETY

- Before every session, inspect straps, stitching and buckles: a pulled thread, a nicked strap or a buckle that no longer locks, and the belt is finished.
- Never exceed 100 kg; increase the load gradually.
- Attach and test the weights on the floor, then only place the belt on your body, never above your head.
- Out of children's reach, especially when loaded.

Care

- Wipe the cushion after the session; hand wash in warm soapy water, dry flat. No washing machine or tumble dryer.
- Keep the buckles dry and store the belt flat, straps loosened.

Need help?

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Our team answers your questions about fitting and use.

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