SPORTENZIA

FITTING GUIDE

FOOT AND ANKLE WEIGHT STRAP

Strap that fixes a dumbbell under the sole of your shoe to strengthen calves, shins and ankles with the load of your choice. Attaching the dumbbell, checks, exercises and care on one page.

REF. SANGLEPOIDPIEDBLCK · DUMBBELLS NOT INCLUDED · ADJUSTABLE HOOK-AND-LOOP STRAP



Before fitting

The strap is made of one long band with a metal buckle and two hook-and-loop tabs. The dumbbell is not supplied: choose one with a straight handle, at a weight you already lift easily with the leg. Wear closed shoes with a firm sole, never bare feet.

Attaching the dumbbell

1. **Lay the dumbbell on the floor** and wrap the two hook-and-loop tabs around the handle, one over the other, tight: they must no longer turn on the handle.
2. **Put your foot on the handle** sole in the middle of the grip, between the two heads, heel and toes either side.
3. **Pass the long band** over the instep, then through the metal buckle on the other side.
4. **Pull and fold back** pull to bring the dumbbell flat under the sole, fold the band back on itself and press the hook-and-loop along its whole length.
5. **Check before the set** seated, lift the foot and shake it gently: the dumbbell must neither slide nor pivot. If it does, retighten the tabs and the band.
6. **Work seated or supported** ankle flexions and extensions on a bench, knee raises or leg raises standing with a hand on a support.

GOOD TO KNOW

- Resistance is set by changing the dumbbell, not by pulling tighter: the strap holds, it carries no more than the dumbbell weighs.
- Hook-and-loop loses its bite when it fills with fluff: clean it with dry fingers or a brush.

Specifications

Use	**Strength, mobility**	Areas	**Calves, shins, ankles**
Load	**Dumbbells, not included**	Adjustment	**By the dumbbell**
Fixing	**Adjustable strap**	Closure	**Hook-and-loop**
Colour	**Black**	Contents	**1 strap**

SAFETY

- Before every session, inspect band, tabs, stitching and buckle: a pulled thread, hook-and-loop that no longer grips or a bent buckle, and the strap is finished.
- Start with a light dumbbell and increase gradually; a dumbbell that comes loose drops on the foot or the floor.
- Attach and test on the floor, foot down, never with the leg in the air. No swinging movements or jumps with the load.
- Out of children's reach.

Care

- Hand wash in warm soapy water, hook-and-loop closed; air dry away from any heat.
- No washing machine or tumble dryer. Store the strap closed, flat.

Need help?

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Our team answers your questions about fitting and use.

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