SPORTENZIA

FITTING GUIDE

ANKLE STRAP WITH HEEL SUPPORT

Padded strap that turns a dumbbell into an ankle weight, or links the foot to a cable pulley, for leg and glute exercises. Fitting, checks and care on one page.

REF. SANGLPCHEVBLCK · DUMBBELLS AND PULLEYS · NYLON, FOAM, METAL



Before fitting

The strap has a padded band that wraps the heel, two hook-and-loop tabs for the dumbbell handle and a 47.5 cm main strap with a metal buckle that goes over the instep. Closed shoes are a must; dumbbell not supplied.

Fitting

1. **Attach the dumbbell** lying on the floor: wrap the two hook-and-loop tabs around the handle, one over the other, tight.
2. **Place the foot** sole on the handle, between the two heads, heel seated in the padded band.
3. **Pass the main strap** over the instep and through the metal buckle.
4. **Tighten** by pulling the strap until the dumbbell sits flat under the sole, firm without cutting off circulation.
5. **Fold back and lock** fold the strap back on itself and press the hook-and-loop along its whole length.
6. **Check** seated, lift the foot and shake it: nothing slides or turns. On a cable machine, clip the cable carabiner to the metal buckle and check it is locked.



Tabs around the handle, heel in the padded band, strap over the instep, tighten, fold back.

Specifications

Compatibility	**Dumbbells, pulleys**	Material	**Nylon, foam**
Closure	**Hook-and-loop**	Main strap	**47.5 cm**
Secondary	**41.9 cm**	Width	**5 cm**
Contents	**1 strap**		

SAFETY

- Before every session, inspect strap, tabs, stitching and buckle: a pulled thread, worn hook-and-loop or a bent buckle, and the strap is finished.
- Start light, increase gradually; attach and test on the floor, never with the leg in the air.
- No swinging movements or jumps under load. Out of children's reach.

Possible exercises

- Seated: leg extensions, leg curls, tibialis raises. Standing, one hand on a support: hip extensions, cable kickbacks, knee raises, single-leg Romanian deadlifts.

Care

- Hand wash in warm water and mild soap, hook-and-loop closed; air dry, no washing machine.

Need help?

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Our team answers your questions about fitting and use.

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