SPORTENZIA

QUICK GUIDE

# NON-SLIP PALM PROTECTION GRIP PADS

Pair of textured rubber pads that slip into the palm, fingers free, for a secure grip without friction on bars and dumbbells. Fitting, use and care on one page.

**REF. SPOIGNMUSCBLCK1** · TEXTURED RUBBER, BLACK · 1 PAIR, FINGERLESS, UNISEX



## Before you start

Each grip pad is made of a textured pad for the palm and a stub ending in a disc that passes between two fingers and sits on the back of the hand. Both pads are identical: no left or right. They replace lifting gloves for pull-ups, deadlifts, dumbbells and bars.

## Fitting

1. **Wipe your hands** and the pads: rubber grips well on dry skin, badly on cream or excess chalk.
2. **Slide the stub between two fingers** from the palm side, so the disc rests on the back of the hand, between the knuckles.
3. **Adjust the pad** flat in the palm, textured face outwards, so it covers the base of the fingers and the hollow of the hand, where the bar presses.
4. **Grip the bar** as usual: the pad sits between hand and bar and follows the fingers as they close. Take two or three unloaded grips to feel its position.
5. **Reposition it before every set** a pad that has slipped towards the fingers no longer protects the palm and can fold under the bar.



*The disc on the back of the hand, the textured pad between palm and bar.*

## Specifications

| | | | |
|---|---|---|---|
| Material | **Rubber** | Surface | **Textured** |
| Design | **Fingerless** | Colour | **Black** |
| For | **Unisex** | Use | **Weight training, gym** |
| Contents | **1 pair** | | |

**SAFETY**

- The pads reduce friction, they do not replace a firm grip: squeeze the bar as you would without them.
- Try them first on light loads and on pull-ups with your feet near the floor, while you get used to them.
- Inspect them before every session: split rubber, torn stub or cracked disc, and the pad goes in the bin.
- No wet, oily or very smooth bar: the pad would not hold.

## Care

- Rinse in warm soapy water after the session, air dry in the shade: no radiator or tumble dryer.
- No solvent or alcohol, which dry out rubber. Store them flat, out of the sun.

## Need help?

**sportenzia.com/pages/contact**

Our team answers your questions about fitting and use.

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