SPORTENZIA

FITTING GUIDE

D-RING WRIST STRAPS FOR CABLE MACHINES

Two neoprene-padded straps with hook-and-loop closure, whose stainless steel D-rings clip to the carabiner of a pulley or cable machine. Fitting, hooking up and care on one page.



REF. SPSANGLEBLCK2 · PULLEYS AND CABLE MACHINES · STAINLESS RINGS, NEOPRENE

Before fitting

Each strap has a padded plate, a hook-and-loop band, a metal slot and two stainless steel D-rings. Both straps are identical. They link the wrist to the cable for pulls, raises and isolation exercises, when grip strength limits the set. Without a cable, they can also be worn as plain wrist supports, with dumbbells or a bar.

Fitting

1. **Open the band** fully and free it from the slot.
2. **Place the wrist** on the padded face, just above the joint, D-rings clear on the side, towards the cable.
3. **Pass the band through the slot** then pull to tighten: firm, without numbing the fingers.
4. **Fold back** the band on itself and press the hook-and-loop along its whole length.
5. **Clip the carabiner** of the pulley through both D-rings at once, then check that its gate has closed.
6. **Test unloaded** pull gently on the cable with a light weight: the strap must neither turn nor slide. Adjust, then load up gradually.



Band open, wrist on the padding, through the slot, folded back onto the hook-and-loop.

Specifications

Quantity	**2 straps**	Material	**Polyethylene**
Rings	**2 per strap, stainless**	Padding	**Neoprene**
Closure	**Hook-and-loop**	Weight	**About 120 g**

SAFETY

- Before every session, inspect band, stitching, hook-and-loop and rings: a pulled thread, worn hook-and-loop or a bent ring, and the strap is finished.
- The carabiner goes through both rings and locks before every set: with one ring only, the strap twists under load.
- Increase the load gradually; never tighten to the point of cutting off circulation. Out of children's reach.

Care

- Hand wash in warm water and mild soap, hook-and-loop closed; air dry. Wipe the rings, store the straps closed, flat.

Need help?

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Our team answers your questions about fitting and use.