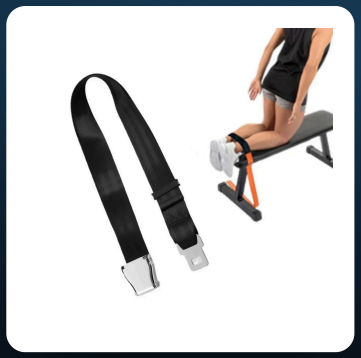
SPORTENZIA

USER GUIDE

ADJUSTABLE NORDIC CURL STRAP

A reinforced PVC strap, adjustable up to 1.5 m, with a metal lever buckle: it holds your ankles or legs on a bench for Nordic curls and hamstring exercises. Anchoring, adjustment, safety, care.

REF. SPSANGLENORDBLCK1 · ADJUSTABLE UP TO 1.5 M · REINFORCED PVC, QUICK-RELEASE BUCKLE



01 · GETTING STARTED

ANCHORING, ADJUSTMENT, LOCKING

What it is

A single piece: the strap, with its metal lever buckle and its adjustment slider. It goes around a bench or an anchor point and holds your ankles while the rest of the body works. It provides no resistance: your own body weight does the exercise.

Who it is for

For anyone training the hamstrings with body weight, at home or in the gym, without a dedicated machine. Beginner or experienced, only the adjustment changes; difficulty is set by range and by how much the hands help.

Setting up

1. **Choose the anchor** a heavy or weighted gym bench, the foot of a rack, a low bar fixed to the floor. It must hold your whole weight pulling forward without moving or tipping.
2. **Pass the strap** around the anchor and your ankles or thighs, flat, without a twist.
3. **Adjust the length** at the slider: the strap must be tight once buckled, with no slack, or the ankles lift.
4. **Lock it** push the tongue into the buckle until it clicks, then fold the lever flat. Give it a sharp tug: nothing should move.
5. **Test before the set** kneeling or lying down, press gradually against the strap before committing to the full movement.
6. **Release** by lifting the lever: the tongue comes out on its own.

Specifications

Length	**Up to about 1.5 m**	Material	**Reinforced PVC**
Buckle	**Metal, quick release**	Adjustment	**Sliding keeper**
Use	**Home, gym**	Contents	**1 strap, built-in buckle**

SAFETY

- The anchor is everything: a light or unweighted bench tips towards you mid-curl. If in doubt, have a partner hold it.
- The Nordic curl loads the hamstrings very hard: reduced range at first, hands ready to catch you in front.
- Knees on a mat or cushion, never on the bare floor.
- Lever folded down and strap pulled tight before every set; a tongue not fully engaged pops out under load.
- Never around the neck, the chest or a child. No door or piece of furniture as an anchor.

02 · DAY TO DAY

EXERCISES, CARE, TROUBLESHOOTING

Possible exercises

EXERCISE	WHERE THE STRAP GOES	ANCHOR
Nordic curl	Above the heels, over the ankles	Weighted bench, rack, floor bar
Hamstring curl	Ankles, legs held still	Bench, depending on the variation
Leg extensions	Thighs or ankles, with a bench	Compatible bench
Lower-body strengthening	Depends on the exercise	Any stable holding point

Lower slowly in the Nordic curl, hips in line; push back up with the hands while the strength is lacking.

Care

- Wipe the strap after the session; lukewarm water and mild soap if dirty, air dry away from a radiator.
- Keep the buckle clean: sand or dust in the mechanism and the lever closes badly.
- Check the stitching, keeper and buckle regularly: fraying or bent metal, replace the strap.
- Store flat or rolled, away from sunlight: PVC hardens in the light.

If something goes wrong

SYMPTOM	LIKELY CAUSE	FIX
Lever will not close or pops open	Tongue not fully in, strap twisted	Pull out, lay flat, push in until it clicks
Ankles lift	Strap too long	Shorten at the keeper, buckle again
Bench tips	Anchor too light	Weight it down or change anchor
Strap digs into the ankles	Strap sitting on bone or tendon	Move it up to the lower calf, keep shoes on



Around the thighs or the ankles: the strap goes round the bench and locks with the lever.

GOOD TO KNOW

- The lever buckle works like an aircraft seat belt: it holds under pull and opens with one movement.
- The 1.5 m goes around a wide bench; on a thin anchor, the surplus tucks into the keeper.
- The strap fits in a gym bag and turns an ordinary bench into a hamstring station.

Need help?

sportenzia.com/pages/contact

Our team answers your questions about adjustment and use.