PADDED 21" WEIGHT LIFTING STRAPS

LIFTING STRAPS

EXERCISE MANUAL

MAXIMIZE GRIP. MINIMIZE STRAIN. **LIFT SMARTER.**



CONQUER YOUR FITNESS

START HERE

Use your straps right

Your Yaghzu 21" padded lifting straps let your back, hamstrings, and traps do the work when your grip would otherwise give out first.

Use them on your heaviest pulling sets to add reps, add weight, and protect hands and wrists.

HOW TO USE YOUR LIFTING STRAPS

1. Slip your hand through the loop so the strap tail runs down the palm side of your hand, with the neoprene padding resting on your wrist.
2. Tighten the loop snugly around your wrist - secure, but not cutting off circulation.
3. Wrap the tail under and around the bar 2-3 times, working away from you.
4. Grip the bar over the wrapped strap and rotate your knuckles slightly to cinch it tight.
5. To release, simply open your hand and let the strap unwind.

EXERCISE LIBRARY

HEAVY PULLING / GRIP OVERLOAD

01 Deadlift



4 sets x 4-6 reps

TARGETS

Glutes, hamstrings, spinal erectors, traps

- Bar over mid-foot, shoulders slightly ahead of the bar.
- Brace your core, push the floor away, and keep the bar close to your shins.
- Save straps for your top working sets - train raw grip on warm-ups.

02 Romanian Deadlift



3 sets x 8-10 reps

TARGETS

Hamstrings, glutes, lower back

- Soft knees, hinge at the hips, and slide the bar down your thighs.
- Stop when you feel a deep hamstring stretch, then drive hips forward.
- Straps let you focus on the stretch instead of your grip.

EXERCISE LIBRARY

HEAVY PULLING / GRIP OVERLOAD

03 Barbell Row



4 sets x 8-10 reps

TARGETS

Lats, rhomboids, rear delts

- Hinge to roughly 45 degrees; keep a neutral spine.
- Pull the bar to your lower ribs and squeeze for one second.
- No jerking - control the bar down for 2 seconds.

04 Rack Pull



3 sets x 3-5 reps

TARGETS

Traps, upper back, grip-limited pulling strength

- Set the pins at knee height.
- Pull tall, lock out with glutes - don't lean back excessively.
- This is where straps shine: load beyond your grip limit safely.

EXERCISE LIBRARY

HEAVY PULLING / GRIP OVERLOAD

05 Barbell Shrug



4 sets x 10-12 reps

TARGETS

Upper traps

- Shrug straight up toward your ears - no rolling.
- Pause one second at the top of every rep.
- Straps stop your grip failing before your traps do.

06 Lat Pulldown



3 sets x 10-12 reps

TARGETS

Lats, biceps

- Wrap the straps around the pulldown bar just outside shoulder width.
- Drive elbows down and back; touch the bar to your upper chest.
- Lean back no more than 15-20 degrees.

EXERCISE LIBRARY

HEAVY PULLING / GRIP OVERLOAD

07 Single-Arm Dumbbell Row

3 sets x 10-12 reps / arm



TARGETS

Lats, mid-back, core (anti-rotation)

- One hand and knee on a bench, flat back.
- Row the dumbbell to your hip pocket, not your armpit.
- Straps let you keep rowing heavy after grip fatigue sets in.

08 Trap Bar / Farmer's Hold

3 sets x 20-30 seconds



TARGETS

Traps, core, postural muscles

- Stand tall with heavy weight at your sides, shoulders packed.
- Breathe steadily and keep ribs stacked over hips.
- Use straps only for overload holds - do some sets raw for grip strength.

SAMPLE WEEKLY PLAN

A simple rotation that keeps heavy pulling work separated by recovery.

DAY	SESSION
DAY 1	Deadlift 4x4-6, Barbell Row 4x8-10, Shrug 4x10-12
DAY 2	Rest or light cardio
DAY 3	Lat Pulldown 3x10-12, Dumbbell Row 3x10-12/arm, Farmer's Hold 3x20-30s
DAY 4	Rest
DAY 5	Romanian Deadlift 3x8-10, Rack Pull 3x3-5, Shrug 3x12
DAY 6-7	Rest and recover

TRAINING RULES

- Use straps on your heaviest 2-3 sets only, so your natural grip still gets trained.
- Rest 2-3 minutes between heavy sets; 60-90 seconds on lighter accessory work.
- Add weight only when you hit the top of the rep range with clean form.

PRO TIPS

1. Use straps on your heaviest 2-3 sets only, so your natural grip still gets trained.
2. Wrap the strap in the opposite direction of your thumb for the most secure lock.
3. Rest 2-3 minutes between heavy sets, 60-90 seconds on lighter accessory work.
4. Add weight only when you hit the top of the rep range with clean form.

SAFETY FIRST

Warm up before every session and progress loads gradually. Stop any exercise that causes sharp pain. This guide is general fitness information, not medical advice - consult a qualified professional if you have an injury or health condition. Inspect your gear before each use and replace it if worn or damaged.