DIP BELT WITH HEAVY DUTY CHAIN

EXERCISE MANUAL

When bodyweight stops being enough.

Your Yaghzu dip belt lets you hang plates, kettlebells, or dumbbells from your hips, turning bodyweight staples into progressively loadable strength builders — the single most effective upgrade for dips, pull-ups, and chin-ups.

HOW TO USE YOUR DIP BELT

1. Position the padded belt across your lower back and hips, wide side against your body.
2. Thread the chain through the center hole of your plate(s) or the handle of a kettlebell/dumbbell.
3. Clip the carabiner back onto the belt's attachment ring on the other side.
4. Let the weight hang between your legs; stand on a box if the weight touches the floor at setup.
5. Check the carabiner gate is fully closed before every set.

EXERCISES

1. Weighted Dip

4 sets × 6–10 reps



Targets: Chest, triceps, front delts

- Start from a locked-out support position, shoulders down.
- Lower until upper arms are about parallel; slight forward lean for chest.
- Press back up without swinging the hanging weight.

EXERCISE LIBRARY

2. Weighted Pull-Up

4 sets × 4–8 reps



Targets: Lats, upper back, biceps

- Overhand grip just outside shoulders.
- Pull your chest toward the bar, not just your chin.
- Full hang at the bottom of every rep.

3. Weighted Chin-Up

3 sets × 5–8 reps

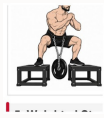


Targets: Biceps, lats

- Underhand, shoulder-width grip.
- Drive elbows down toward your ribs.
- Slow 2–3 second descent for extra muscle growth.

4. Belt Squat

4 sets × 8–12 reps

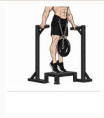


Targets: Quads, glutes — with zero spinal load

- Stand on two boxes or platforms with the weight hanging between them.
- Squat down between the platforms, torso tall.
- Perfect on days your lower back needs a rest from barbell squats.

5. Weighted Standing Calf Raise

4 sets × 12–15 reps



Targets: Calves

- Balls of your feet on a step or plate, weight hanging from the belt.
- Rise as high as possible; pause at the top.
- Deep stretch at the bottom for 1–2 seconds each rep.

6. Weighted Ring/Bar Support Hold

3 sets × 15–30 seconds



Targets: Shoulders, triceps, core stability

- Lock out on dip bars and simply hold.
- Shoulders pressed down away from your ears.
- Builds the stability that makes heavier dips feel safe.

SAMPLE WEEKLY PLAN

Day	Session
Day 1	Weighted Dip 4×6–10, Support Hold 3×15–30s
Day 2	Rest
Day 3	Weighted Pull-Up 4×4–8, Weighted Chin-Up 3×5–8
Day 4	Rest
Day 5	Belt Squat 4×8–12, Calf Raise 4×12–15
Day 6–7	Rest and recover

PRO TIPS

- Earn the belt first: add weight only once you can do 10–12 clean bodyweight dips or 8–10 pull-ups.
- Progress in the smallest jumps available — 2.5 kg / 5 lb at a time.
- Keep the weight from swinging: brace your core and pause briefly between reps if it starts.
- Log belt weight separately from bodyweight so you can track true progress over time.

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.