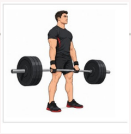
YAGHZU

LIFTING GRIPS

LIFTING GRIPS EXERCISE MANUAL

PALM PROTECTION.GRIP POWER. ONE QUICK WRAP



Yaghzu lifting grips combine a palm shield with a wrist strap — protecting your hands from calluses and tearswhileboostingyourholdonbars, dumbbells, and handles. Faster to use than traditional straps, and they work for pushing days too.

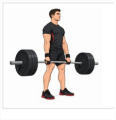
HOW TO USE YOUR LIFTING GRIPS

1. Secure the wrist strap snugly with the grip pad lying against your palm.
2. Place the pad flat over the bar and fold it around as you close your hand.
3. For extra security on pulls, curl the pad's edge under the bar and grip over it.
4. Release instantly by opening your hand — nothing to unwind.
5. Keep pads clean and dry so the surface stays tacky.

CONQUER YOUR FITNESS

1. Deadlift

4 sets × 5–6 reps

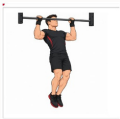


Targets: Posterior chain

- Wrap the pad over the bar and lock your grip before you brace.
- Push the floor away; keep the bar dragging up your legs.
- Grips prevent the hook-grip pain and callus tearing of heavy pulls.

2. Pull-Up

4 sets × 6–10 reps



Targets: Lats, biceps

- The pad stops the bar chewing up your palms on high-rep sets.
- Full dead hang to chest-to-bar range where possible.
- Add small pauses at the top as you get stronger.

3. Lat Pulldown

3 sets × 10–12 reps



Targets: Lats

- Wrap the pads over the pulldown bar.
- Pull to the upper chest, elbows driving down.
- Slow negatives — let the lats fight the weight up.

4. Barbell Row

4 sets × 8–10 reps



Targets: Mid-back, lats

- Hinge position, flat back, bar to lower ribs.
- Grips keep sweaty bars from rolling out of your fingers.
- Squeeze shoulder blades together at the top.

5. Dumbbell Shrug

4 sets × 12–15 reps



Targets: Traps

- Heavy dumbbells at your sides.
- Straight up, pause, straight down.
- Grips + strap support let traps fail before hands do.

6. Kettlebell Swing

4 sets × 15–20 reps



Targets: Glutes, hamstrings, conditioning

- Pad protects palms from the handle's friction on high-rep swings.
- Hinge, don't squat; the power comes from your hips.
- Kettlebell floats to chest height — no arm lifting.

7. Cable Row

3 sets × 10–12 reps



Targets: Mid-back

- Wrap the pads around the handle.
- Tall chest, pull to the navel, full stretch forward.
- Constant cable tension + secure grip = clean mind-muscle focus.

SAMPLE WEEKLY PLAN

Day	Session
Day 1	Deadlift 4×5–6, Barbell Row 4×8–10, Shrug 4×12–15
Day 2	Rest
Day 3	Pull-Up 4×6–10, Lat Pulldown 3×10–12, Cable Row 3×10–12
Day 4	Rest
Day 5	Kettlebell Swing 4×15–20, Shrug 3×15, Pull-Up 2×AMRAP
Day 6–7	Rest and recover

PRO TIPS

1. Grips are the fastest option when you superset — no wrapping and unwrapping between exercises.
2. They protect skin on every set, but save the cinched-under-bar technique for your heaviest pulls.
3. Air-dry after each session; a damp pad loses grip and wears faster.
4. Still train some warm-up sets bare-handed to keep your natural grip strong.

SAFETY FIRST

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.