

# D-RING LIFTING STRAPS

## EXERCISE MANUAL

FAST SETUP. STRONG PULLS.

QUICK LOCK-ON GRIP



## START HERE

# Use your straps right

Your Yaghzu D-ring lifting straps give you a fast secure connection to the bar when heavy pulling work starts testing your grip. Use them on your heaviest pulling sets and on machines or dumbbells where long strap tails get in the way.

## HOW TO USE YOUR D-RING STRAPS

1

Feed the strap tail through the D-ring to form a loop.

2

Place the loop around your wrist with the padding on the inside and pull the tail to snug it down.

3

Lay the tail over the bar, wrap once under, and trap it beneath your palm.

4

Rotate your hand toward you to cinch the strap tight before you pull.

5

Check both sides feel even before every heavy set.

## EXERCISE LIBRARY

HEAVY PULLING / GRIP OVERLOAD

## 01 Deadlift

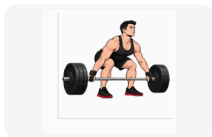
4 sets × 4–6 reps

**TARGETS** Posterior chain — glutes, hamstrings, back

- Set your lats before you pull: imagine squeezing oranges in your armpits.
- Push through the whole foot; finish tall with glutes tight.
- Quick D-ring cinching keeps your setup rhythm fast between sets.

## 02 Snatch-Grip Deadlift

3 sets × 5–6 reps

**TARGETS** Upper back, traps, hamstrings

- Take a wide grip well outside your knees.
- The wide grip punishes your hands — straps make it trainable.
- Keep your chest proud and hips lower than a normal deadlift.

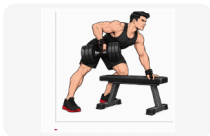
## EXERCISE LIBRARY

HEAVY PULLING / GRIP OVERLOAD

03

## Heavy Dumbbell Row

4 sets × 8–10 reps per arm



## TARGETS

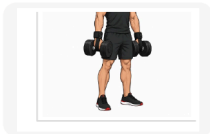
Lats, rhomboids

- Cinch the strap around the dumbbell handle.
- Row with a full stretch at the bottom and a hard squeeze at the top.
- Keep your hips square — don't twist to heave the weight.

04

## Dumbbell Shrug

4 sets × 12–15 reps



## TARGETS

Upper traps

- Dumbbells at your sides, palms facing in.
- Shrug up and slightly back; pause at the top.
- Straps let you use dumbbells you couldn't otherwise hold for high reps.

## EXERCISE LIBRARY

HEAVY PULLING / GRIP OVERLOAD

05

## Seated Cable Row

3 sets x 10–12 reps



TARGETS Mid-back, lats

- Loop the strap through the handle for a locked-in grip.
- Pull the handle to your navel with your chest tall.
- Let your shoulder blades protract fully on the return.

06

## Rack Pull

3 sets x 4–6 reps



TARGETS Traps, grip-limited top-end strength

- Pins just below the knee; stand tall at lockout.
- Reset your brace before every rep.
- Load progressively — this lift tempts ego lifting.

## EXERCISE LIBRARY

FAST SETUP / MACHINE FRIENDLY

07

**Kroc Row (High-Rep Row)****2 sets x 15–20 reps per arm****TARGETS**

Lats, upper back, work capacity

- Use a heavy dumbbell with slight controlled body English.
- Push the set close to failure — straps keep grip from quitting first.
- Keep your lower back neutral throughout.

**WHY D-RING STRAPS?****ONE QUICK CINCH**

Secure around the bar with a single wrap for faster setup between heavy sets.

**GREAT FOR MACHINES**

Clean, compact setup on pulldowns, cable rows and other machine pulls.

**DUMBBELL FRIENDLY**

Less tail bulk around dumbbell handles so the movement feels cleaner and more controlled.

# SAMPLE WEEKLY PLAN

A simple rotation that balances heavy pulls with recovery.

| DAY     | SESSION                                                 |
|---------|---------------------------------------------------------|
| DAY 1   | Deadlift 4×4–6, Rack Pull 3×4–6, Dumbbell Shrug 4×12–15 |
| DAY 2   | Rest                                                    |
| DAY 3   | Snatch-Grip Deadlift 3×5–6, Seated Cable Row 3×10–12    |
| DAY 4   | Rest                                                    |
| DAY 5   | Heavy Dumbbell Row 4×8–10/arm, Kroc Row 2×15–20/arm     |
| DAY 6–7 | Rest and recover                                        |

## TRAINING RULES

- Use straps on your heaviest pulling sets, not every warm-up set.
- Rest 2–3 minutes between heavy sets to keep performance high.
- Progress the load only when form stays clean and controlled.

# PRO TIPS

1

The single-wrap D-ring cinch is fastest — perfect when you superset pulling movements.

2

Keep the wrist loop snug: a loose loop lets the strap slide and shifts pressure onto your hand.

3

Chalk plus straps is overkill for most lifters — pick one per exercise.

4

Wipe straps down after sweaty sessions and air-dry them to prevent odor and fraying.

## 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.