YAGHZU

QUICK LOCKING LIFTING BELT

QUICK LOCKING LIFTING BELT EXERCISE MANUAL

BRACE HARDER. LIFT BIGGER. *STAY SAFER.*



Your Yaghzu quick-locking belt gives your core something to brace against, raising intra-abdominal pressure andstabilizingyourspineunder heavy compound lifts. The quick-lock buckle means consistent tightness every set, on and off in seconds.

HOW TO USE YOUR LIFTING BELT

1. Position the belt over your navel, covering your lower back and abdomen evenly.
2. Take a normal breath in, then pull the belt to a snug fit and lock the buckle.
3. Correct tightness: you can slide a flat hand behind it, but not a fist.
4. Before each heavy set, breathe into your belly and push your core outward against the belt (bracing).
5. Release or loosen the belt between sets and for all light work.

CONQUER YOUR FITNESS

1. Back Squat

4 sets × 4–8 reps



Targets: Quads, glutes, core

- Big breath at the top, brace against the belt, then descend.
- Hit at least parallel with knees tracking over toes.
- Re-breathe and re-brace at the top of every rep.

2. Deadlift

4 sets × 3–6 reps



Targets: Posterior chain

- Brace into the belt before you take the slack out of the bar.
- Expand 360° - belly, sides, and lower back all press outward.
- Belt on for sets above ~80% of your max; lighter sets beltless.

3. Overhead Press

4 sets × 5–8 reps



Targets: Shoulders, triceps, core

- The belt helps resist lower-back arch as fatigue sets in.
- Glutes tight, ribs down, press in a straight line.
- Slight head-through at lockout, bar over mid-foot.

4. Barbell Row

4 sets × 6–10 reps



Targets: Back, spinal erectors

- Belt supports the sustained hinge under heavy rows.
- Torso angle stays constant - no heaving upright.
- Squeeze at the top, control the descent.

5. Front Squat

3 sets × 5–8 reps



Targets: Quads, upper back, core

- Elbows high; brace hard so the torso stays vertical.
- The belt gives your deep core a target to push against.
- Stand up leading with the elbows, not the hips.

6. Walking Lunge (Heavy)

3 sets × 8–10 steps per leg



Targets: Quads, glutes, stability

- Belt adds trunk stability under heavy dumbbells or a bar.
- Long steps for glutes, shorter steps for quads.
- Gently touch the back knee down each step - don't crash it.

7. Leg Press (Heavy)

3 sets × 8–12 reps



Targets: Quads, glutes

- Belt reminds you to keep the core braced and back flat on the pad.
- Lower until thighs near your chest without your hips rolling up.
- Never lock the knees out harshly at the top.

SAMPLE WEEKLY PLAN

Day	Session
Day 1	Back Squat 4×4–8 (belt on top sets), Walking Lunge 3×8–10/leg
Day 2	Rest
Day 3	Deadlift 4×3–6, Barbell Row 4×6–10
Day 4	Rest
Day 5	Front Squat 3×5–8, Overhead Press 4×5–8, Leg Press 3×8–12
Day 6–7	Rest and recover

PRO TIPS

1. A belt amplifies a good brace - learn to breathe into your belly and push out, don't just suck in.
2. Wear it for heavy compound sets only; doing everything belted holds back your unassisted core strength.
3. Same position, same tightness every session = consistent, repeatable bracing.
4. If you feel pinching at the hips or ribs, shift the belt up or down a touch until it sits clean.

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.