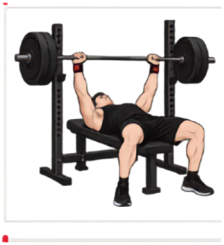
YAGHZU

18" WRIST
WRAPS

WRIST WRAPS

EXERCISE MANUAL

STABLE WRISTS. STRONGER PRESSES. PRESS WITH CONFIDENCE



CONQUER YOUR FITNESS

START HERE

Wrap up the right way

Your Yaghzu 18" wrist wraps brace the wrist joint so it stays stacked under heavy pressing loads.
That means more force transferred to the bar, less strain on the joint, and more confidence under your top sets.

HOW TO USE YOUR WRIST WRAPS

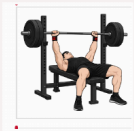
1. Hook the thumb loop over your thumb with the wrap hanging on the palm side.
2. Wrap around the wrist joint itself — half on the wrist, half on the lower palm — not just the forearm.
3. Pull firm tension on each pass; 2–4 passes for pressing, looser for general work.
4. Secure the Velcro and flex your wrist: it should feel supported but not numb.
5. Un-loop the thumb after wrapping if you prefer — the wrap stays in place either way.

EXERCISE LIBRARY

PRESSING / WRIST SUPPORT

01 Barbell Bench Press

4 sets × 5–8 reps

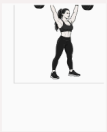


TARGETS Chest, front delts, triceps

- Grip the bar over your wrist, not back in your fingers.
- Squeeze your shoulder blades together and keep feet planted.
- Touch the lower chest and press slightly back toward the rack.

02 Overhead Press

4 sets × 5–8 reps



TARGETS Shoulders, triceps, upper chest

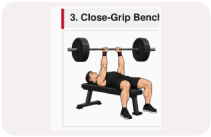
- Stack the bar over your wrist and elbow; wraps keep the wrist from folding back.
- Squeeze glutes so you don't lean back.
- Press up and slightly back until the bar is over your ears.

EXERCISE LIBRARY

PRESSING / WRIST SUPPORT

03 Close-Grip Bench Press

3 sets × 8–10 reps

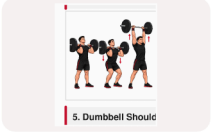


TARGETS Triceps, inner chest

- Hands about shoulder-width apart.
- Tuck elbows to roughly 30° from your torso.
- Wraps take pressure off wrists that ache in narrow-grip positions.

04 Push Press

3 sets × 4–6 reps



TARGETS Shoulders, triceps, legs (drive)

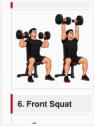
- Dip 2–3 inches with a vertical torso, then drive explosively.
- Catch the bar overhead with locked elbows.
- Wrap tighter for this one — the load spikes at the catch.

EXERCISE LIBRARY

PRESSING / WRIST SUPPORT

05 Dumbbell Shoulder Press

3 sets × 8–12 reps



TARGETS Delts, triceps

- Start with dumbbells at ear height, palms forward or neutral.
- Press up without flaring your ribs.
- Lower under control to a full range of motion.

06 Front Squat

3 sets × 5–8 reps



TARGETS Quads, core, upper back

- Wraps ease wrist strain in the front-rack position.
- Elbows high, bar resting on your shoulders — hands just steady it.
- Sit straight down between your hips and stand tall.

EXERCISE LIBRARY

HEAVY SETS / PRESS SUPPORT

07 Weighted Dips

3 sets × 6–10 reps



TARGETS Chest, triceps, front delts

- Lean slightly forward for chest emphasis, upright for triceps.
- Descend until upper arms are about parallel to the floor.
- Wraps help wrists cope with the locked-out support position.

WHY WRIST WRAPS?

BETTER WRIST STACKING

Keeps the wrist from folding back so more force goes straight into the bar.

MORE PRESSING CONFIDENCE

Feel more secure under heavy bench, overhead and push press sets.

LESS JOINT STRAIN

Adds support when narrow grips, front rack positions or dips irritate the wrists.

SAMPLE WEEKLY PLAN

A simple rotation that balances pressing volume with recovery.

DAY	SESSION
DAY 1	Bench Press 4×5–8, Close-Grip Bench 3×8–10
DAY 2	Rest
DAY 3	Overhead Press 4×5–8, Dumbbell Press 3×8–12
DAY 4	Rest
DAY 5	Front Squat 3×5–8, Push Press 3×4–6, Dips 3×6–10
DAY 6–7	Rest and recover

TRAINING RULES

- Wrap tighter for heaviest work sets and loosen between sets.
- Keep the bar stacked over your wrist to let the wraps do their job.
- Build strength with clean technique first; wraps are support, not a substitute.

PRO TIPS

1. Save tight wraps for sets above ~80% of your max; wrapping every set can leave wrists under-trained.
2. The wrap should cross the wrist joint — wrapping only the forearm does nothing.
3. Loosen wraps between sets to keep blood flowing.
4. If your wrist still folds back when pressing, fix bar position first — wraps assist good technique, they don't replace it.

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.