



**WEIGHTLIFTING GLOVE
SF-GL01
Size: S, M, L, XL
USER MANUAL**

IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US.**

Hand Circumference Size

S: 7"-7.5"

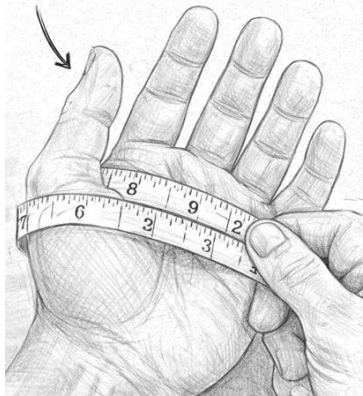
M: 7.5"-8.1"

L: 8.1"-9"

XL: 9"-9.7"

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

Wearing Instructions



STEP 1:

Measure your hand circumference. Then use the provided size chart to choose the correct glove size.



STEP 2:

Slide your hand into the glove, making sure the padded area sits comfortably on your palm.



STEP 3:

Fasten the Velcro closures on the back of the hand to keep the glove in place. It should be snug enough to prevent the glove from shifting but not so tight that it restricts circulation.

SAFETY TIPS:

Always ensure your weightlifting gloves fit snugly but not too tight to maintain grip, prevent slipping, and avoid restricting blood flow.

Care & Maintenance Instructions

Cleaning: Wipe the glove with a damp cloth after each use and avoid harsh chemicals.

Storage: Keep the glove in a cool, dry place away from direct sunlight.

Inspection: Regularly inspect the glove for wear or damage, including frayed stitching or cracks in the material.

Register

Register your product and verify warranty terms:

Sunnyhealthfitness.com/warranty



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