



**WEIGHTLIFTING BELT
SF-BL03
Size: S, M, L, XL, XXL
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.**

Waist Range Size

S: 24"-35"

M: 29"-39.5"

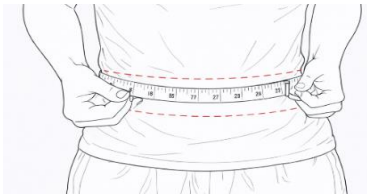
L: 34"-46.5"

XL: 39"-49"

XXL: 44"-51.5"

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 waist circumference at the spot where the belt will be worn, typically just above the hips. Then use the provided size chart to choose the correct belt size.



STEP 2:

Wrap the belt around your midsection, aligning the center with your navel and positioning it just above the hip bones and below the ribs for optimal core support.



STEP 3

Thread the Velcro through the buckle and tighten until snug while still allowing a deep breath. You should feel firm resistance when expanding your stomach, without feeling restricted.



STEP 4:

Before lifting, take a deep breath into your belly, not your chest, and expand your abs against the belt. Maintain this braced pressure throughout the lift to support spinal stability.



STEP 5:

Perform the movement (such as a squat or deadlift) while maintaining core bracing. Release your breath and re-brace before each repetition.

SAFETY TIPS:

Do not tighten the belt excessively, as this can restrict breathing and cause discomfort. Use the belt only for heavy lifts or movements that require extra core support. Check the belt for damage or excessive wear before each use. Always use proper lifting form to reduce the risk of injury and consult a fitness professional if you are unsure about correct belt usage.

Care & Maintenance Instructions

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

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

Inspection: Regularly inspect the belt 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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Get in touch with us for any questions



1-877-90SUNNY (877-907-8669)



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