



**WEIGHTLIFTING GLOVE WITH  
WRIST SUPPORT  
SF-GL02  
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:** 6"-7"

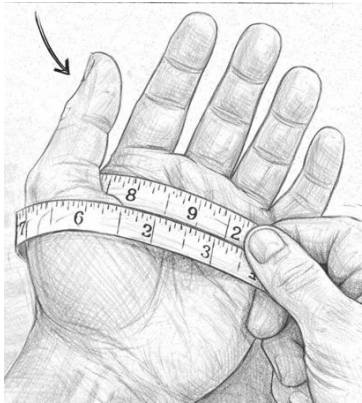
**M:** 7"-7.5"

**L:** 7.5"-8.1"

**XL:** 8.1"-9.0"

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto: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:**

Wrap and fasten the strap with Velcro closures snugly around your wrist. It should feel supportive but not too tight, 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](https://Sunnyhealthfitness.com/warranty)



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



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