



**4" LEATHER LIFTING BELT
SF-BL02
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: 22"-32"

M: 27"-37"

L: 32"-42"

XL: 37"-47"

XXL: 42"-52"

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).



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. Fasten the belt using the buckle. Make sure it fits snugly without feeling too tight and adjust as needed for comfort and proper support.



STEP 3:

Position the belt around your lower back and abdomen. Tighten it before heavy lifts such as squats, deadlifts, or overhead presses to support core stability. Keep the belt secured during the lift, then loosen it during rest periods or lighter exercises for comfort.



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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