

WEIGHTLIFTING WRAPS



Are weightlifting wraps necessary or not? That is the question.

First, please understand there's no reason to use them on your wrists when you are doing pull-ups. Throughout this movement your wrists are in the neutral position.

For dead-lifts, however, there is a benefit when you use them on your knees.

Use them on your wrists If you are going to lift a large amount of weight. If you are compensating for an injury, wraps will be a big help. Wraps will stabilize your joints. When you squat, the wraps will stretch across your knees providing that push to get you back up into an extended position.

Use wraps when they are necessary to protect your body. Wraps can also help you when you are curling with a large amount of weight.

Let us not forget about that weightlifting belt protect your back when you're doing squats, dead-lifting, or curling heavyweight.

LIKE ANY SPORT BE CAUTIOUS IN ALL YOU DO.

May your workout be all that you want it to be

Humbly your Paul Earl