



INSTRUCTIONS FOR ALL USERS OF FAT GRIPZ

www.fatgripz.com/instructions

SAFETY WARNINGS

FAT GRIPZ are designed to be used in athletic activities – they are not toys.

FAT GRIPZ are not for use by anyone under 16 years of age.

You must obtain appropriate, professional medical clearance before exercising using FAT GRIPZ.

You must only exercise using FAT GRIPZ under appropriate, professional supervision and in accordance with the Instructions For Use below.

Take extra care when holding weights using FAT GRIPZ above any part of their body (e.g. bench presses, overhead presses) as the risk of serious injury during such exercises is higher. An appropriate, correctly set-up “power rack” should be used for all barbell bench presses.

Stop exercising immediately if you experience discomfort or sharp pain.

Users with allergies to rubber and/or similar compounds must not use FAT GRIPZ.

There is a risk of injury when doing exercise so everyone using FAT GRIPZ does so at their own risk.

You must inspect the FAT GRIPZ regularly and in the unlikely event that any degradation of, or damage to, the FAT GRIPZ product has occurred, use of the product must cease immediately and return the product to us.

www.FATGRIPZ.COM

EMAIL: INFO@FATGRIPZ.COM

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The FAT GRIPZ product is the subject of Registered Community Design no. 1508491 and pending US design patent no. 29/343,311



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INSTRUCTIONS FOR USE

1. For all pressing movements (in other words, exercises where you feel the weight of the bar or dumbbell pressing against the palm of your hand) for example, bench press, the slit on the FAT GRIPZ should be facing away from the palm of the hand as in the photograph below.

PRESSING MOVEMENTS



2. For all pulling movements (in other words, exercises where you feel the weight of the bar or dumbbell pulling away from you) for example, pull-ups, rows, deadlifts, the slit on the FAT GRIPZ should be facing towards the palm of your hand as in the photograph below.

PULLING MOVEMENTS



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3. **WARNING:** Never under any circumstances should you employ a 'false grip' when using FAT GRIPZ!

NEVER USE THIS GRIP!



CARE AND MAINTENANCE

To clean FAT GRIPZ use ordinary soap and warm water. Rinse thoroughly and dry thoroughly before use. Do not use any cleaning products or methods which may harm rubber or similar compounds on FAT GRIPZ.

Never use Fat Gripz if they have any water, oil, grease or other liquid or gel (or similar) on them - they must always be clean and dry before you use them.

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