

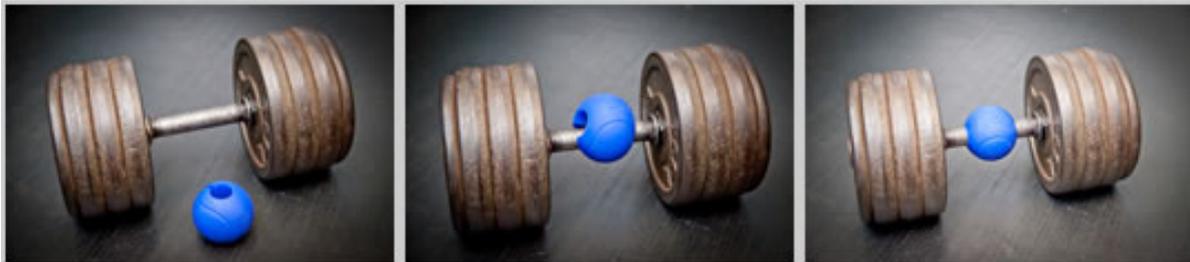
READ BEFORE USE

IMPORTANT SAFEGUARDS

1. Read all instructions before use.
2. GLOBE GRIPZ™ are designed for use with 1" (25mm) diameter bars with a tolerance of +.250" (1.25"/32mm).
3. GLOBE GRIPZ™ must not be used by anyone under 16 years of age – they are not toys.
4. You must obtain appropriate, professional medical clearance before exercising using GLOBE GRIPZ™.
5. You must only exercise using GLOBE GRIPZ™ under appropriate, professional supervision and in accordance with the 'Instructions For Use' below.
6. Users with allergies to rubber, silicone, or any similar compound, must not use GLOBE GRIPZ™.
7. Risks of serious injuries exist whilst using this product. Take extra care when holding weights above any part of your body. Gym Professor (GymProfessor.com) is not responsible for any injury you could sustain from using GLOBE GRIPZ™.
8. Stop exercising immediately if you experience discomfort or sharp pain.
9. You must inspect your GLOBE GRIPZ™ regularly. In the unlikely event that any degradation of, or damage to, the GLOBE GRIPZ™ product has occurred, use of the product must cease immediately.

INSTALLATION

Just open the slit and push them over your bar.



INSTRUCTIONS FOR USE

1. For all pressing movements or exercises where you "push" the weights away from your body (e.g. Bench Press, Shoulder Press, etc.), the slit of the GLOBE GRIPZ™ should ALWAYS be facing away from the palm of the hand, as shown in Figure 1. NOTE: An "Orthodox Grip" is shown. The same rule is applicable if adopting an "EZ-Style Grip", a "Neutral Grip", or a "Pitching Grip" (refer to www.GlobeGripz.com for demonstration).
2. For all pulling movements or exercises where you "pull" the weight towards your body (e.g. Deadlift, Rows, Pulldowns, etc.), the slit on the GLOBE GRIPZ™ should ALWAYS be facing toward the palm of your hand, as shown in Figure 2. NOTE: An "Orthodox Grip" is shown. The same rule is applicable if adopting an "EZ-Style Grip", a "Neutral Grip", or a "Pitching Grip" (refer to www.GlobeGripz.com for demonstration).
3. WARNING: Never under any circumstances should you employ a "French Grip" (A.K.A. "Monkey Grip" or "False Grip") when using GLOBE GRIPZ™, as shown in Figure 3.

Figure 1: Orthodox Pressing Grip

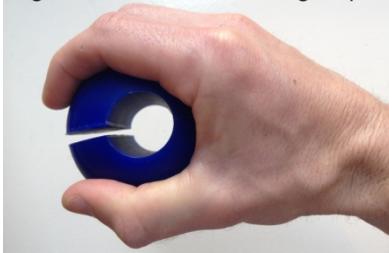


Figure 2: Orthodox Pulling Grip



Figure 3: Monkey/ False Grip



CARE AND MAINTENANCE

If you wish to wash your GLOBE GRIPZ™, you may rinse under warm water and use ordinary soap. Do not use any chemical compounds or cleaning methods that could harm your silicone/ rubber GLOBE GRIPZ™. Ensure GLOBE GRIPZ™ are dry before use.

THANK YOU FOR CHOOSING GLOBE GRIPZ™

If you have any further queries whatsoever, please visit www.GlobeGripz.com or contact us at: info@gymprofessor.com

For training advice, workouts, and exercise demonstrations, visit our free online resource www.GymProfessor.com

You can download our workout app too (for free) at: www.GymProfessorShuffle.com

To stay connected, please sign-up to our free Newsletter, become a fan on Facebook, or follow our Tweets. Details can be found at www.GymProfessor.com

GLOBE GRIPZ™ are used at your own risk. No claim or opinion on these pages is intended to be, nor should be construed to be, medical advice. Please consult with a healthcare professional before starting any exercise program.

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