

# Instructions for your **NewGrip** weight lifting grips.



**Step 1.** Lay **NewGrips** in front of you as shown below.



**Step 2.** Attach wrist bands on top of the grip pads as shown below.



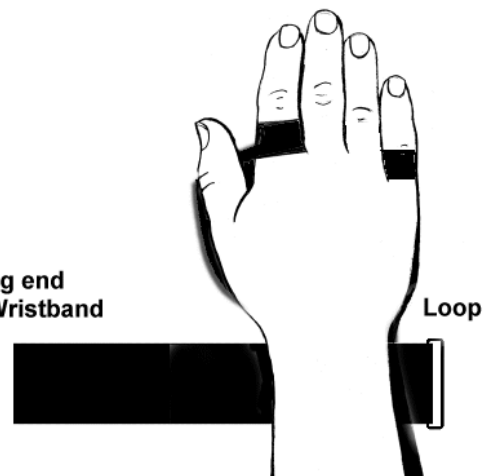
**Step 3.** Slide your four fingers (not your thumb) under the elastic strap of the right pad.

For a tighter grip, place your middle two fingers above the strap as shown.

Guide the long end of the wrist band over your wrist, through the opposing loop. Affix the Velcro end of the strap back onto itself to secure.

Long end of Wristband

Loop



**Caution:** Prolonged use of wrist bands that are too tight may cause wrist strain.

**Step 4.** Repeat for your left hand.

# Supplemental Information about your **NewGrip** weight lifting grips.



## Cool Tips for **Newgrips**

Tough on the bar, easy on your hands.

### A.) Bench Pressing:

Throw away the chalk! No more beat up-dried out cracked skin. **NewGrips** cushion your hands against weight bar pressure and protect against calluses. Grips help balance the bar more effectively, and serve as shock absorbers for hands and wrists.

### B.) Need more pad thickness when going for maximal lifts?

Place the right hand pad, without the wrist strap, in your palm. velcro side up.

Turn the pad so that the elastic strap is near the velcro strap away from you.

Slide your right hand under the elastic until it butts up against the thumb joint.

Grab the velcro end and slide it between your palm and the pad, toward your wrist.

### C.) Shrugs and Deadlifts:

**Caution: This product was not designed to be utilized by power lifters on maximum dead lifts.**

**Newgrips** are intended for training and development.

Re-position pads to cover your finger joints. Keep good form. Don't cheat.

### D.) Slippage:

If your grip slips. Leave either your two middle fingers or your little finger outside the strap.

### Return Policy

If your workouts don't improve using **NewGrips**, you may return them within 90 days for a full refund of the purchase price. Does not include related shipping costs.

A.) Remember: **NewGrips** are not unlike new shoes, they need a breaking in period before they are fully broken in (Please give them a chance to impress you.)

Your **NewGrips** come with a 90 Day Money Back Satisfaction Guarantee.

B.) If either the straps or pads do not properly fit, we will exchange them free of charge, by sending a pre-paid return envelope. Just send us an e-mail to: [service@gripstore.com](mailto:service@gripstore.com). Your original orders shipping address will be used unless otherwise stipulated.

C.) Should this fail, and you just do not want your Newgrip lifting grips.

Return merchandise with a completed return or exchange form to:

### Gripstore.com

Customer Service Department  
7 Harrison, Suite #23  
Seattle, WA 98109-4508

[service@gripstore.com](mailto:service@gripstore.com)

### Replacement Parts—Save Money \$\$\$\$

You may order replacement Hand Pads or Wrist Straps without having to order a new pair of **NewGrips**. Replacement parts are available directly through [Gripstore.com](http://Gripstore.com).