

ARMWRESTLING STRAPS - PRODUCT MANUAL:

Below is a guide on how the strap is connected during use.

Armwrestling Straps Application instructions



1. Place your arms on the armwrestling table and place your palms against each other. Let your fingers be fully open and your thumbs pointing upwards. Place the strap between the thumbs and let the part of the strap with the buckle hang halfway over the back of the hand. Then close your thumbs.



2. Bring the strap end on the underside between the hands and let the strap go around the wrist of the one who has the buckle on his / her hand. Then pull out the strap on the underside between the hands again.



3. Then move the strap around the wrist on the other arm and then place the strap on the underside between the hands, above the strap portion coming from the opponent's arm. The strap then forms a loop, which to some extent equalizes the advantage that the person without the buckle receives in the strap setup.



4. Then slide the strap end through the second opening from below into the buckle, as shown in the illustration.



5. Then thread the strap end through the bottom opening in the buckle. Then pull the strap end down to tighten the strap properly. One tip is to pull the strap down and alternately sideways when performing the downward movement in order to tighten it properly.



6. When the strap is tightened, close your hands and you are then strapped together, which means that no one can slip out of the grip during the match.