



Black Mountain Products Lifting Strap Instructions

Lay the Lifting Strap out with the BMP logo side down. Thread the end with no loop through the looped end of the strap and pull to create a large loop. Place your hand through the loop that you created and pull tight. The logo side of the strap with the neoprene padding should be on the back of your wrist if your palms are facing up. Repeat this process with the other strap for the other wrist.

Warnings

- Always consult your physician before beginning any regular exercise program.
- Examine your straps before every use; if any fraying, tears or other weak spots are found do not use and contact B.M.P.
- Only use as intended. Black Mountain Products assumes no responsibility for misuse of the product.
- Never wrap Lifting Straps around any body part other than your wrists.

Warranty

- All Lifting Straps are warranted for life, shipping and handling charges may apply.
- Contact Black Mountain Products ® online, by telephone or e-mail if there are any missing, damaged or defective products.
- Warranty does not cover any incidental damage.
- Void where limited or prohibited by law.
- B.M.P. ® reserves the right to alter the warranty at any time.



www.blackmountainproducts.com | 815-322-2028 | M-F (8am-4pm)

Updated May 2021



Black Mountain Products Lifting Strap Instructions

Lay the Lifting Strap out with the BMP logo side down. Thread the end with no loop through the looped end of the strap and pull to create a large loop. Place your hand through the loop that you created and pull tight. The logo side of the strap with the neoprene padding should be on the back of your wrist if your palms are facing up. Repeat this process with the other strap for the other wrist.

Warnings

- Always consult your physician before beginning any regular exercise program.
- Examine your straps before every use; if any fraying, tears or other weak spots are found do not use and contact B.M.P.
- Only use as intended. Black Mountain Products assumes no responsibility for misuse of the product.
- Never wrap Lifting Straps around any body part other than your wrists.

Warranty

- All Lifting Straps are warranted for life, shipping and handling charges may apply.
- Contact Black Mountain Products ® online, by telephone or e-mail if there are any missing, damaged or defective products.
- Warranty does not cover any incidental damage.
- Void where limited or prohibited by law.
- B.M.P. ® reserves the right to alter the warranty at any time.



www.blackmountainproducts.com | 815-322-2028 | M-F (8am-4pm)

Updated May 2021