



Black Diamond Fitness

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GoFit - Leather Wrist Straps

Price per Unit (piece): \$7.99



Product Details

The GoFit Wrist Straps are designed to increase the amount of weight that one can lift by improving the grip around the bar. The strap acts as a support by taking off some of the weight of the hands and fingers, shifting it to the wrist and back of the forearm. The lifting straps are great for doing shrugs, lat pull downs, low pulls, pull ups and any exercise that requires a firm grip. The straps allow you to lift more weight for longer periods of time, which in turn, helps you realize your goals much faster.

[Vendor Information](#)