



PUSHING

**#1 Lifting
Grip Worldwide!**



PULLING

POWERGRABS®

ADVANCED GRIP DESIGN TECHNOLOGY



- Scientifically Engineered Palm for Non Slip Grip Assist
- Designed by Strength Trainers to Maximize Gripping Power
- Enhance Muscle Group Isolation and Training Technique
- Improve and Optimize Muscle Building Performance
- Maximize Stamina, Strength and Muscle Training Results

**Power Grabs Outperform Gloves, Straps, and Wraps
with our **ALL IN ONE** Multi-Function Grip Design**

- Improves and Secures your Grip
- Reduces and Minimizes Grip Fatigue for Maximum Results
- Superior Grip Accessory to Increase Stamina and Strength
- Increase Number of Reps and Amount of Weight Lifted
- Maximize Range of Motion and Improves Training Technique
- Innovative Adjustable Padded Wrist Support for Comfort and Correct Positioning
- Protects Hands while Eliminating Calluses
- Sizes to Fit Men and Women

POWERGRABS®

“GET GRIPPED”®

ADVANCED GRIP DESIGN TECHNOLOGY
FOR NON SLIP GRIPPING POWER



Wide Grip Lat Pulldowns



Close Grip Lat Pulldowns
and Seated Rows

- ▶ PULLDOWNS
- ▶ ROWS
- ▶ DEADLIFTS
- ▶ SHRUGS



Tricep Extensions
and Bicep Curls

- ▶ PRESSES
- ▶ CHIN UPS
- ▶ CURLS
- ▶ EXTENSIONS



One Arm Rows
and Bicep Curls



Deadlifts and Shrugs



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www.powergrabs.com