# PRODUCT SPECIFICATIONS

***Weight Lifting Belt STRONG***

**Code: 28090**

**MRP : 1800.00**

Made from Nylon Fabric Adjustable size.

A lifting belt provides a wall for your abs to push against. The added force with limited space means increased anterior pressure for the spine, helping to stabilize it. This gives you a more rigid torso with better transmission of force from the hips to the bar, plus a more stable foundation for overhead lifts.