

# LIFTING ACCESSORIES

## Heavy Duty Nylon Lifting Hooks with Wrist Support - GF-HOOK

*The perfect accessory to help fight hand fatigue and help you get the most out of those last reps. The steel hooks enclosed in rugged nylon simply hook over the bar enhancing your grip, they are much simpler to use than traditional lifting straps. The neoprene wrist support provides firm yet comfortable support for heavy lifts. The GoFit Power Hooks are perfect for shrugs, deadlifts, lat pull downs, low pulls and pull ups.*

- Provides firm yet comfortable support.
- Gets the most out of those last reps.
- Fights hand fatigue.



*Pegged retail with heavy hanger card: 6" x 2" x 8.75" (15.2cm x 5cm x 22.2cm)*



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