

Gloves, Wraps, Straps, Belts, and Gift Ideas



Pro Power Hand Grippers - Made from premium grade aluminium for optimum durability, an attractive engraved knurling pattern for anti-slip grip and high quality steel spring. With 5 individual resistance models these grippers range from 30 Kg resistance to 110Kg for complete grip strength training.

Price £7.99

<http://www.gymratz.co.uk/hand-grippers>



Maximuscle Knee Wraps are possibly the best value knee wraps around - Great for going suicidal on heavy squats to stop your knees exploding!

Price: £14.99

<http://www.gymratz.co.uk/maximuscle-knee-wraps>



The one and only ORIGINAL Manta Ray barbell squat pad. The most revolutionary weight training squat device ever invented! (Not the dangerous e-bay fake being sold under brand-name "Gunsmith Fitness")

Price: £43.99

<http://www.gymratz.co.uk/mantaray-squat>



Neck Sling / Head Harness - Great value for serious neck development training!

RRP: £24.99

Our Price: £17.50

You Save: £7.49 - 30 % Discount

<http://www.gymratz.co.uk/nylon-head-harness-url>



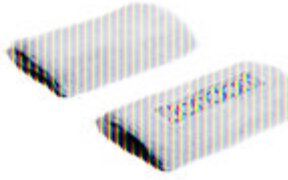
A popular abdominal workout choice for fairly experienced ab trainers, feel your abs burn performing rolls on the exercise wheel.

RRP: £13.99

Our Price: £9.99

You Save: £4.00 - 29 % Discount

<http://www.gymratz.co.uk/exercise-wheel>



Jordan wrist guards specifically designed for kettlebell lifters. These guards will help to prevent against the bruises and other injuries.

RRP: £8.99

Our Price: £5.99

You Save: £3.00 - 33 % Discount

<http://www.gymratz.co.uk/jordan-kettlebell-wrist-guard-pair>



Heavy Duty Knee-wraps priced per pair and favored by world class strongmen Laurence Shahlaei and powerlifter Del McQueen.

RRP: £19.99

Our Price: £15.00

You Save: £4.99 - 25 % Discount

<http://www.gymratz.co.uk/grss-heavy-duty-knee-wraps>



Warming up for or cooling down from a workout the vibrating roller is invaluable tool.

Price: £99.99

<http://www.gymratz.co.uk/pulse-massage-vibrating-foam-roller>



The One and Only Sting Ray barbell pad. The most revolutionary front squat device ever invented!

RRP: £55.00

Our Price: £32.00

You Save: £23.00 - 42 % Discount

<http://www.gymratz.co.uk/sting-ray>



An absolute must-have item for any Home Gym or Garage Gym where the best free-weight exercises yield the best results.

Price: £49.99

<http://www.gymratz.co.uk/grappler-tbar-row>

Maximuscle Leather Power Belt - Great value seriously thick belt !



RRP: £34.99

Our Price: £10.00

You Save: £24.99 - 71 % Discount

<http://www.gymratz.co.uk/maximuscle-powerbelt>



These tactile grip eggs are brilliant for smaller or weaker hands and the three different resistance models allow for gradual and progressive strength development. Perfect for wrist and finger strengthening or rehabilitation exercises

RRP from: £4.99

Our Price £3.99

You Save: £1.00 - 20 % Discount

<http://www.gymratz.co.uk/handgrip-egg>



The one and only ORIGINAL Adfit Manta Ray barbell squat pad and Adfit Sting Ray front squat pad. The most revolutionary weight training squat device ever invented! (Not the dangerous e-bay fake being sold under brand-name "Gunsmith Fitness")

RRP: £87.98

Our Price: £79.99

You Save: £7.99 - 9 % Discount

<http://www.gymratz.co.uk/mantaray-stingray-squat-combo>



How do you use lifting straps for weight training? It's not a dark art nor are lifting straps a "cheat" as some might say. They are a fantastic training aid so click here to see how to use them correctly.

Price: £5.99

<http://www.gymratz.co.uk/how-to-use-lifting-straps>

Maximuscle Wrist Supports - Great value, heavy duty support for your wrists.

Price: £9.99

<http://www.gymratz.co.uk/maximuscle-wrist-supports>





Although we're not fans of ankle or wrist weights, we do appreciate that there are occasions they may be useful. One such example is sticking them on a barbell in place of more expensive microloader weights. So our selection is limited to one quality brand. Fitness Mad. When quality is everything.

RRP: £14.99

Our Price: £11.99

You Save: £3.00 - 20 % Discount

<http://www.gymratz.co.uk/wrist-ankle-weight-500g>



The Extra Strong Safety Resistance Trainer Strong resistance is a nylon sleeved latex tube. Compared to the stranded rubber of the resistance trainer the latex has a greater stretch capability which means the resistance is more uniform over the stretch range. (X-Strong Resistance Band)

Price: £18.49

<http://www.gymratz.co.uk/safety-resistance-trainer-x-strong>



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RRP: £17.99

Our Price: £14.39

You Save: £3.60 - 20 % Discount

<http://www.gymratz.co.uk/wrist-ankle-weight-1kg>

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Thick foam padding to cushion the bar's weight to help avoid upper back discomfort. In truth, if you're lifting enough weight that you need to pad the bar to avoid discomfort, a cushion will not prove a long term solution. Instead, you should review the Manta Ray! The Manta Ray serves to distribute

Price: £9.99

<http://www.gymratz.co.uk/standard-barbell-pad>



Thick foam padding to cushion the bar's weight to help avoid upper back discomfort. In truth, if you're lifting enough weight that you need to pad the bar to avoid discomfort, a cushion will not prove a long term solution. Instead, you should review the Manta Ray! The Manta Ray serves to distribute

RRP: £17.99

Our Price: £14.00

You Save: £3.99 - 22 % Discount

<http://www.gymratz.co.uk/olympic-barbell-pad>



The adjustable sit-ups bar offers 3 positions in order to comfortably support your feet/ brace your legs whilst performing either sit-ups or crunches. Made from steel construction with foam padded foot rests, the sit-up is designed to fit quickly on any door up to 5cm thick.

RRP: £14.99

Our Price: £9.99

You Save: £2.00 - 17 % Discount

<http://www.gymratz.co.uk/sit-ups-bar>



High strength polypropylene bars with foam handles to allow press-ups to be performed in comfort. Ideal for changing grip angle, such as normal or inverted grip, also great for performing wide grip and narrow grip pressing.

RRP: £13.00

Our Price: £10.40

You Save: £2.60 - 20 % Discount

<http://www.gymratz.co.uk/press-up-bars>



Adjustable doorway chin bar. Use the bar high in the door frame for pull-ups, crunches and chin-ups or, at the bottom of the door frame for sit-ups.

RRP: £22.99

Our Price: £19.99

You Save: £3.00 - 13 % Discount

<http://www.gymratz.co.uk/doorway-chin-up-bar>



Womens cross training & Fitness gloves are perfect for weight lifting or general fitness training. Soft padded almaral leather palms offer great comfort and grip, Half finger design with pull off tabs for easy removal and two layers stretch-spandex back, for breath ability.....

RRP from: £14.99

Our Price £9.99

You Save: £5.00 - 33 % Discount

<http://www.gymratz.co.uk/ladies-training-glove>



Mens Weight Training & Fitness Gloves are perfect for weight lifting or general fitness training. Soft padded leather palms offer great comfort and grip, Half finger design with pull off tabs for easy removal and two layers stretch-spandex back, for breath-ability.....

RRP from: £16.00

Our Price £10.99

You Save: £5.01 - 31 % Discount

<http://www.gymratz.co.uk/mens-training-glove>



Leather head harness with chain. Ideal strength training aid for rugby players, mma, boxers, motor racing etc. to help strengthen the muscles of your neck. This is an excellent price for an accessory, but, if training relatively heavy, you may wish to use a towel (under head harness) for comfort

RRP: £14.99

Our Price: £12.99

You Save: £2.00 - 13 % Discount

<http://www.gymratz.co.uk/leather-head-harness>



Economical, comfortable and tough. What else could you want from a weightlifting belt? Read our reviews and advice [HERE](#).

RRP from: £16.99

Our Price £12.99

You Save: £4.00 - 24 % Discount

<http://www.gymratz.co.uk/weightlifting-belt>



High-quality comfortable weight training gloves and belt set. These weight training gloves have long been a shop favourite, offering good-quality (leather, stitching) and design. The palm padding is just right, enough of a pad, but still allowing a relatively unhindered grip of the bar. Notable

RRP from: £30.48

Our Price £22.00

You Save: £8.48 - 28 % Discount

<http://www.gymratz.co.uk/weightlifting-belt-and-gloves-set>



Pete says - When first trying out the burn machine the first thing you notice is how well made it is, which doesn't come across through the imagery, but certainly justifies the price-tag. It's well knurled, chromed, comfortable to hold, and rotates without hindrance

RRP from: £104.99

Our Price from £85.00

You Save: £19.99 - 19 % Discount

<http://www.gymratz.co.uk/the-burn-machine-speed-bag-12lb>



Dip belts come in many styles, but they all perform the same function; being able to increase your own body weight through adding a weight plate or two. This leather dip belt is no different and does just that.

RRP: £22.99

Our Price: £18.00

You Save: £4.99 - 22 % Discount

<http://www.gymratz.co.uk/leather-dip-belt>



When used in the top of a doorframe, the versatile Universal Training Bar allows for multi-position pull-ups and chin-ups. Stick it in the bottom of the doorframe and the Universal Training Bar can be used to assist with Sit-Ups too. Take it out of the doorframe, the Universal Training Bar can be

RRP: £25.99

Our Price: £20.79

You Save: £5.20 - 20 % Discount

<http://www.gymratz.co.uk/universal-training-bar>



Costing less than £50 and weighing a mere 1.2kg, it's an inexpensive bodyweight training tool you can workout with any time, anywhere. The fully-adjustable TRX Style Pro Suspension Trainer is tested to 500kg with a suggested maximum user weight of 125kg (over 19.5 stone).

RRP: £79.99

Our Price: £69.99

You Save: £10.00 - 13 % Discount

<http://www.gymratz.co.uk/pro-suspension-trainer>



Provided in a large 250ml pot for many applications, Liquid Chalk improves grip by reducing sweat on the hands. It means you'll now be that little bit closer to your new Deadlift and Pull-Up PB's without creating a mess in the gym by using traditional chalk.

RRP: £9.99

Our Price: £6.99

You Save: £3.00 - 30 % Discount

<http://www.gymratz.co.uk/liquid-chalk>



Padded Lifting Straps are stocked by popular demand. Padded Lifting Straps are a bit of a funny one for us (Gym Ratz). First off, we're not great users of Lifting Straps - preferring to toughen up our grip-strength using aids such as Globe Gripz, Fat Bars, and hand grippers. Sometimes though, if

RRP: £9.99

Our Price: £7.99

You Save: £2.00 - 20 % Discount

<http://www.gymratz.co.uk/padded-lifting-straps>



Elasticated Weightlifting Wrist Supports for use during exercises where wrist strain may be an issue e.g. Bench Press, Overhead/ Shoulder Press.

RRP: £9.99

Our Price: £7.99

You Save: £2.00 - 20 % Discount

<http://www.gymratz.co.uk/weightlifting-wrist-supports>



Offered due to demand, the gold standard for building and testing grip strength - Captains of Crush grippers. Precision made from premium materials and proprietary elements. Captains of Crush (CoC) are available in 11 strengths for a perfect fit, whether you are just starting off, rehabilitating

RRP from: £24.95

Our Price £22.95

You Save: £2.00 - 8 % Discount

<http://www.gymratz.co.uk/captains-of-crush-grippers>



Leather weightlifting belt with a contoured shape and padding for comfort and a double-pronged metal buckle and high-quality leather hide for extra strength. Available in Small, Medium, Large, and X-Large. Please select your size from the drop-down menu.

RRP: £29.00

Our Price: £20.00

You Save: £9.00 - 31 % Discount

<http://www.gymratz.co.uk/leather-weightlifting-belt>



Light Adjustable Power Hand Grippers are balanced (unlike the coil design) and so offer equal difficulty for both hands and the variable resistance makes them an ideal progression tool for any kind of hand rehabilitation work.

RRP: £14.99

Our Price: £9.99

You Save: £5.00 - 33 % Discount

<http://www.gymratz.co.uk/adjustable-power-hand-gripper-20kg>



Cheap hand grippers are normally a fad or false-economy compared to high-quality products like the Heavy Hand Grippers or CoC's, however, having tested these Adjustable Power Hand Grippers, we (Pete and I, Matt writing) are quite impressed.

RRP: £14.99

Our Price: £11.99

You Save: £3.00 - 20 % Discount

<http://www.gymratz.co.uk/adjustable-power-hand-gripper-40kg>

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Superb Ab-Wheel Pro for extreme abdominal fun.

RRP: £19.99

Our Price: £18.99

You Save: £1.00 - 5 % Discount

<http://www.gymratz.co.uk/ab-wheel-pro>

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These knee wraps are perfect for anyone looking to test the water with regards to using knee wraps within their training routine or cross-fit classes, stabilizing and supporting the knee joint under heavy loads/lifts.

RRP: £17.99

Our Price: £10.00

You Save: £7.99 - 44 % Discount

<http://www.gymratz.co.uk/elasticated-knee-wraps>



The Jordan Power Wheel is a real game changer in the field of core training. Capable of a series of intense exercises that challenge your abs, obliques, back, hips and glutes. You'll even see (and feel) the effects on your chest, arms, hamstrings and calves.

Price: £58.00

<http://www.gymratz.co.uk/power-wheel>



Fat Grips are a simple and effective weight training aid that allows you to increase the grip dimension of your weight training bar

Price: £19.95

<http://www.gymratz.co.uk/fat-grips>



This industrial strength suspension trainer an inexpensive body weight training tool . The ability to use as two separate straps allows separate adjustment to each allowing for those who may need compensation in one limb .

Price: £110.00

<http://www.gymratz.co.uk/jungle-gym--suspension-trainer>



Full welded, life time warranty keep the body positioned more upright in the squat. Great for anyone with restricted mobility or flexibility to ensure a more upright stance in the squat.

Price: £130.00

<http://www.gymratz.co.uk/commercial-squat-ramp>



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Price: £23.99

<http://www.gymratz.co.uk/wrist-ankle-weight-2kg>



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Price: £18.99

<http://www.gymratz.co.uk/ankle-weight-1kg>

Gym Ratz - (Fitness Equipment UK)

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