

WEIGHTED BELT GUIDE



KING OF 
WEIGHTED

BELT FEATURES

FEATURES



3 CARABINER

1 to keep the belt closed, 1 for each end of the chain.



FABRIC CHAIN

Light, adjustable in length, durable up to 350kg per link, and quiet in use.



SOFT MATERIAL

No hard material that hurts and impinges your skin.



RINGS COVERED

No more holes in your shirts and shorts as the rings are covered with fabric.



NO BACKPAD

Weighted athletes don't want the load centered on the lower back, it should be evenly distributed on the hips. Therefore we got rid of the back pad!



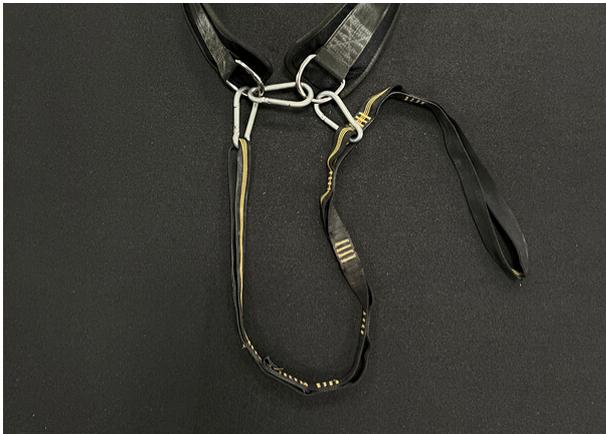
THE BELT POSITION

The weighted belt is the most important tool for every weighted calisthenics athlete. The main exercises for the weighted belt use are Pull/Chin Ups, Dips, and Muscle Ups. We designed a checklist for you, so you can make sure the belt sits perfectly for these lifts.

1. The belt is placed on your hips, not on your lower back.
2. The belt is closed via the third carabiner in front of your body.
3. The belt is centered toward the midline of your body
4. The weight is centered toward the midline of your body.
5. The chain is adjusted to the desired length.

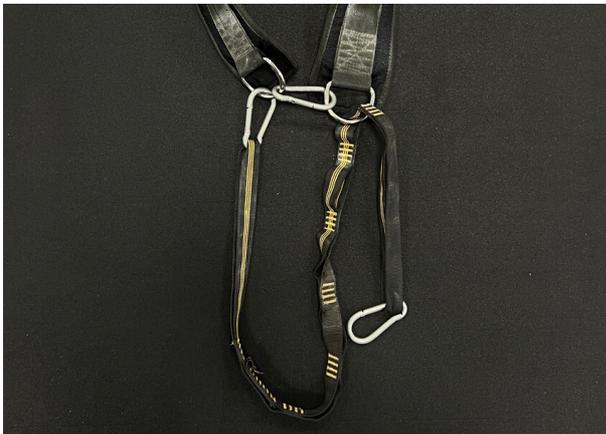


THE CHAIN LENGTH



SHORTEN VIA CARABINER

If you need to shorten the chain to create a more comfortable weight position, you can easily do this by using a different loop than the end one.



DOUBLE LOOP

If you don't want the end of the chain to hang loose, you can also wrap the chain again through the metal rings before you close it with the carabiner.



THE TWISTED END

One side of the King Of Weighted Chain has a twisted end. If you want to connect two chains or if you want to connect the chain with a bar you can use this side. Due to the twist, it perfectly wraps around the other chain/bar.

THE 1RM CALCULATOR

ALWAYS KNOW YOUR WEIGHTS

To help you to find the correct working weights for an upcoming set, we designed the 1RM calculator for you! With the help of this calculator, you always know how much weight you need to put on the belt for how many reps. It is also one of the few calculators, that allows you to enter your body weight to calculate accurately for weighted calisthenics lifts!

Reps

Weight (kg)

Bodyweight (kg)

Eply e1RM: **95.50**

Brzycki e1RM: **89.12**

Lander e1RM: **91.16**

RIR TABLE & 1RM CALCULATOR

Use the free tools from King of Weighted to calculate your RIR and 1RM
www.kingofweighted.com/calculator



CALISTHENICS COACHING

PROGRESS INJURY-FREE!

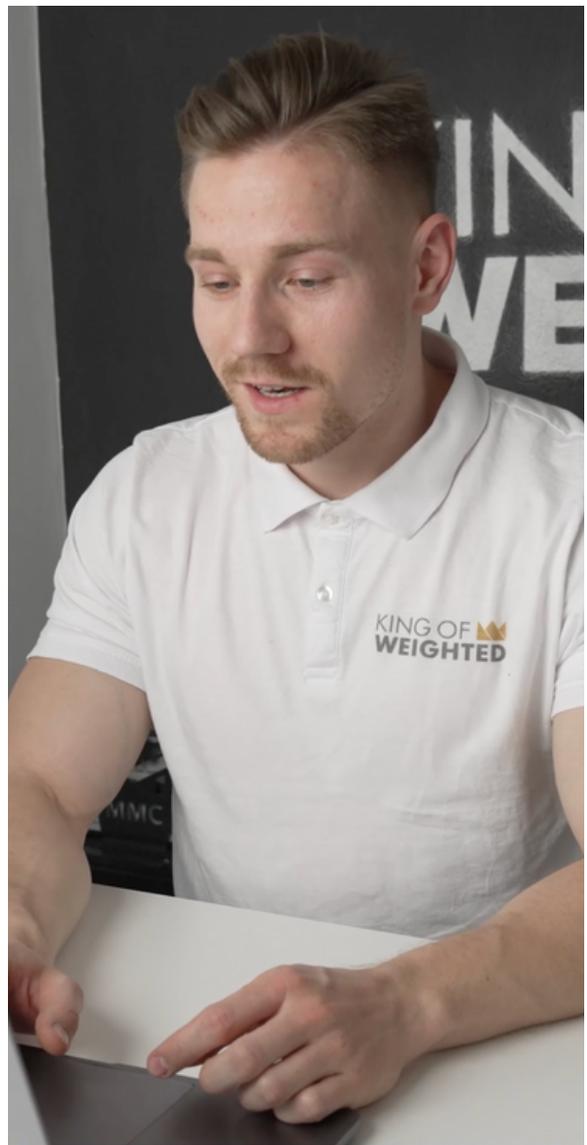
We teach you advanced calisthenics elements with the help of weighted calisthenics - sustainable and injury-free!

Whether you want to unlock a new calisthenics skill, improve your weighted calisthenics numbers or get rid of your ongoing injuries, we guide you towards your goals with our 1on1 coaching.



King Of Weighted GmbH

The best rated calisthenics coaching brand on Trustpilot.



SCHEDULE YOUR FREE COACHING CONSULTING CALL ON OUR WEBSITE!

PARTNER DISCOUNTS

GYM EQUIPMENT

The people from STRENGTHSHOP get to the point: "Calibrated plates are to the ambitious athlete what the hammer is to Thor". Combined with the IPF-compliant barbell, they are absolute must-haves in any of our workouts. Next to a proper grip, the calibration of a barbell is important to us. A 20kg barbell should weigh 20kg. Also, thin plates are ideal for Weighted Calisthenics, so you can hang many plates between your legs. A nice feature is the IPF color code, which helps to quickly recognize the weights.

Save 5% with code: SHOWDOWN5



SHOP NOW

On our website www.kingofweighted.com/partner, you will find all links and codes to save money on excellent products!

