

Attention! Wearing a belt can produce back pain

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You can see weight-lifting belts in any gym.

The main purpose of these belts is to support the lower back and to prevent back injuries and pain. Unfortunately, some people over use them and wear them through the entire workout session. The negative consequence of this is that the muscles which are responsible for supporting the lower back naturally become weaker because the belt is doing their work. Therefore, you should wear the belt exclusively in exercises which expose the lower back to dangerous positions like squats, barbell row and dead lifts; and even on these exercises you should limit the use of the belt for the heavy sets.