

Everything pressure.
for the majority of fit
and

[History](#)



Everything you need to know about weight lifting belts, from how they work, to how they should be worn. A complete guide to how to find the best weight lifting belt. Should you wear a weight lifting belt or not? This is a question that many people have asked themselves over the years.

Almost every serious lifter has wondered at what stage they should start wearing a lifting belt and why. So, if you are in the same situation, you are not alone! Here, we go through some of the questions that people ask the most regarding weightlifting belts. By the time you have reached the end, you will have all the answers you need as to if you need to use a weight lifting belt, and what you should look for before you buy one. We also link out to a review of the best weight lifting belts at the end to save you the time of finding them yourself. We are good like that! So, without further ado, let's begin...

Who Should Wear A Weight Lifting Belt? Weight lifting belts are designed to aid people who want to deadlift or squat as much weight as they can. If you are serious about increasing the amount of weight you can move, you should look at using a belt. We will go into more detail about how they aid you later on. **Who Shouldn't Wear A Weight Lifting Belt?** Weightlifting belts are not suitable for everyone, and it also depends on the circumstances in which they are used. We would suggest that you don't use one if: By using one, it has an affect on your movement. If it causes you to perform the exercise incorrectly, then you should avoid using one. So, if it is messing with how you catch a clean or snatch, don't use a belt.

You will be better off developing your strength without one. Getting low is key! If you have a condition which is related to blood pressure or the heart, we would again suggest that a weight lifting belt is not for you. A belt will create intra-abdominal pressure, and may also cause a slight increase in blood pressure. For the majority of fit and healthy people, this is not an issue though. If you have a hernia history, you should once more avoid using a squat belt, although some people choose to employ the Valsalva maneuver as they exercise. Basically, if you have a health condition, you should consult a doctor first, and explain why you want to use a weightlifting belt, and what you hope to achieve.

They can then give you advice based on this.