

## Belts Q&A- PRS Quarterly.mp4

[00:00:00] **Speaker1:** All right, everybody, I'm listening while doing dishes. Oh, wonderful husbands that do dishes we like. Husbands doing dishes. Uh. Let's see, this has been very interesting. Zoom cast podcast. Okay. Thank you. Mike. Uh oh. It seems to me, like most people do not use belt for bench. Is there a reason for this? Do you want to? Rori is the bench specialist, so I'll let her address that first. Okay, so it's.

[00:00:32] **Speaker2:** Kind of like layered reason why people don't like it for the bench. So we talked about a lot of people using the wrong size belt. And we talked a lot about people breathing the wrong way with the belt on. So oftentimes what happens is because the belt is actually too big on them and or they're breathing incorrectly with the belt, they're not feeling the effectiveness of the belt when they're benching. So my thing is that it's probably the wrong size belt and improper breathing when they're doing it. Um, now, when we use the belt with the bench, typically we we will see us utilizing a smaller belt. So a lot of the times if you go on to like the like powerlifting specific companies like Titan, they have a bench belt which is actually two inches. Um, which we don't really recommend a two inch belt to anyone. It's just too small for most people. Um, but I know the baby just started crying. Um, so if you have what happens when the belt is too big, so, too wide. So, like a four inch belt, is that when you arch, it impedes your ability to arch.

[00:01:48] **Speaker2:** So a lot of people become uncomfortable arching with a belt on. Um, and then because they're not breathing correctly or they, they, they do this, like, belly out breathing and you are arching. It's really hard to do a belly out breathing. So like, why would we do that when we, when we have a belt on, right? So what I would recommend to a lot of people is to size down in terms of the width. So go with like a three inch or 2.5in belt on the bench and actually make it a lot tighter than they would typically make for the squat or the deadlift. Because when we create that arch, we're actually elongating our torso, and our torso becomes narrower and our waist becomes narrower than it is when we're squatting and deadlifting. So then the belt is not as tight if we're wearing it on the same hole or the same setting as we are when we're squatting and benching, which then again, if it's not tight enough, then we're not going to be able to have that for increasing our muscular contraction and intra abdominal pressure.

[00:02:47] **Speaker1:** Yeah, I mean, I would agree with that. To get the benefit of of the belt when you're bench pressing, you do want to try and get it tighter than what you wear it on the other lifts. But overall it's not going to provide as much support for the bench press as you get for the squat or the deadlift or something like that because the bench is supporting your torso, whereas when you're squatting or deadlifting, you have to create stability in your torso yourself, right? So, um, so I would say out of the main lifts, it's the it's least helpful on the bench press. Um, but you do get some benefit if you wear it appropriately, like Rory's talking about. Um, another question. Uh, Brianna, at what point in training would be most optimal to introduce a belt?

[00:03:37] **Speaker2:** Um, in the training session or in training history?

[00:03:42] **Speaker1:** She's in the car. I don't know if she's going to answer you.

[00:03:44] **Speaker3:** Training history. Sorry. Training history.

[00:03:48] **Speaker2:** Um, so I think, actually, I think you were a little late. So in the beginning of the lecture, we talked about, um, we I typically say it's better to have the belt before you need the belt. Um, so if someone's demonstrating consistency with training, um, they've already, you know, demonstrated that they're investing in it. So they've paid for training sessions or they've bought a coach, or they have a gym membership and they're going regularly, or they signed up for a powerlifting meet. Once they've demonstrated consistency and commitment to training, then I would say, like, let's start talking about a belt so that we have the belt before we need the belt. Um, and if they ask when they need a belt, that is like a cue that, um, it's time to order a belt because they're like, oh, like, this is getting heavy. Maybe I need something to help support my training.

[00:04:37] **Speaker1:** Yeah. Typically we don't start people out right away with one, unless in some instances, if we have an older lifter with a history of, you know, maybe back problems or something like that, but a younger, healthier person, we always start off without it. And then as they progress and get stronger, you know, we would transition to that within their first couple of months of training usually. Um, next question. So Mike answer doesn't seem to show the width of their forever belt. So Windsor only makes four inch belts to my knowledge. So they they are a very powerlifting specific company,

so they really only make four inch belts in single or double prong or lever and in 10 or 13 millimeter thickness. So they're all double suede. Um, you know, there's not really any customization to, to Nze's product. So they're all four inches wide, which is why they, they're not specific with that on their website.

[00:05:34] **Speaker2:** And I would just say that if you're ever looking at a lifting belt and it doesn't specify how wide it is that it's probably four inches.

[00:05:41] **Speaker1:** Yeah, yeah, four inches is more common. Really. Three inch belts only started to be manufactured by companies within the last ten years, as more women started to lift seriously and get competitive and the need for them arose. Um, you know, a few manufacturers started making them and now they're fairly common. But not everybody makes a three inch belt. Uh, so next one, can you put the belt makers you recommend somewhere so I can find them later.

[00:06:12] **Speaker2:** Yeah. So what we'll go ahead and do is when Jason posts this lecture on the client portal, we'll put links to to the belts that we recommend highly. So we'll do that for you.

[00:06:25] **Speaker1:** Yep. Yeah. So and best belts are are really great. So Ryan said best belts is where I bought mine a couple of years ago and I love it. Um, yeah. Best belts is a great company. Now, one thing I'll say about several of these companies that we, uh, will recommend. So best belts, Dominion, pioneer, um, even Windsor has been known to tighten and tighten. Yeah, they're they're all relatively small.

[00:06:55] **Speaker2:** This is laughing.

[00:06:55] **Speaker1:** Small family businesses. I would say I don't know about Windsor, but even tighten is a family business. Best belts is a family business. Pioneer is a family business. Dominion is the same thing. And their lead times have really increased over the last several years as there's been more and more demand for for their products. So like Rori said, you might want to order them sooner rather than later because best belts could take, you know, it could take several months to get a belt, you know, same thing with pioneer, uh, depending on the type of belt and the specifications and things like that. And even Dominion, as they've gotten busier, their lead times have increased a lot

too. So, um, so just something to kind of keep in mind as, as well, uh, when you're thinking about ordering one, is that it may it may take a little bit of time to get a good belt from one of these companies.

[00:07:47] **Speaker2:** I just came up with a good analogy, so I, I don't dislike the company SBD, but I dislike how popular their belt is. Um, because Alyssa is laughing.

[00:07:59] **Speaker1:** Or he's a hater.

[00:08:00] **Speaker2:** I'm not a hater, but I just came up with, I think, an analogy. So everybody has a different foot size and not every shoe fits everybody the same exact way. And it's like one shoe, one size for everyone. It's the only belt they sell, and they're selling it to everyone. Um, so.

[00:08:22] **Speaker1:** So so for those of you guys that don't know, Sbg's belts are four inches wide and 13mm thick. So that's the only belt they make. There's no no variations in them.

[00:08:32] **Speaker2:** So Alyssa looks like she has something to say.

[00:08:34] **Speaker4:** And it's like the stiffest belt I've ever tried. Like, I, I way back when I bought one, I had it for like 24 hours and it was true. And I like stiffer belts, but it was like I, it was really bad.

[00:08:50] **Speaker1:** Yeah.

[00:08:50] **Speaker2:** And I tried it on remember.

[00:08:52] **Speaker1:** Yeah, I tried it on as well. I think that um, you know again some, some of that is personal preference. And I think that SBD obviously is really targeting powerlifters, you know, so there are lots of powerlifters out there that want a really stiff, supportive belt. And it's not a bad option. But I think to Rory's point, the four inch thick is not going to be appropriate for a lot of the people that are buying those belts. You know, you see, you see these like 105 pound female lifters that are five feet tall, wearing four inch thick, you know, 13 millimeter speed belts. And they really do not fit them well.

[00:09:28] **Speaker2:** Yeah. So when I, when I talk, when I think about purchasing a belt and and Alyssa Brie John you you all know this here at PRS, we we really it's not a one size fits all. No one has the same program. Everything is individualized to your unique your unique things. So when we are looking to buy a belt, if you really want to like invest in the best belt for you, I would say get the most custom belt possible. So companies like Best Belt and Titan would be my two number one and pioneer. But if you're competing in Usapl or IPF, that wouldn't be the way to go. Um, and best belt wouldn't either. So Titan would be my number one recommendation. Um, because you're not getting a small medium large, you're getting your waist measurement, and they're cutting the leather specifically to your waist measurement, which means that you're going to get the appropriate number of holes on either side. So John, you want to show this.

[00:10:28] **Speaker1:** So most belts have ten uh hole spacings. So essentially if you get a custom made belt uh, let's say from best belts, you know, so you take your waist measurement and it's 30in. So they're going to make the center hole at 30in. And then they're going to put, um, you know, basically there'll be 4 or 5 holes on each side of that so that you have several inches of adjustability in either direction as your waist size changes.

[00:11:00] **Speaker2:** So if you're ordering from a company that's small, medium, large, that's not going to be as specific to you. So you might end up with like eight holes on one side and only two on the other side, which doesn't give you enough flexibility for growth. Um, in either direction. A lot of a lot of powerlifters gain weight, lose weight. Go up a weight class. Down a weight class. Up. Share their belt. You know, like all that kind of stuff. Um, so. And also, like, if you end up with a belt that's too small for you, um, with only, like, a few holes past where it's tight for you, it's hard to, to put on. So you do need that grab. You do need enough of like my where's my. I don't have enough space right now because I just had a baby, but. Well, not just but we're still. The waist is still coming in. But I'll show you like I'll show you. Because I had a baby and I was still able to use my belt. Um, do I put it on that way? I put on this one. Oh, my God, I haven't put this belt on so I don't even know which way I wear my belt anymore. But if you don't have enough, like, room to grab. So, like, if you only have, like, this much, it's hard to put the belt on. Um, so you want to order a belt that is cut if you can. You know, obviously, and I

really don't think that there's really much of a price difference between like a basic custom belt and like the stock belts. No, not in terms of price with these particular companies.

[00:12:30] **Speaker1:** And if you do get a belt that's, um, maybe a little bit big. What you can always do is. Yeah. So you can, you can have additional holes punched in your belt if necessary. So two. So rather go a little bit too big than too small.

[00:12:48] **Speaker2:** All right. Any other questions. Do any of them give us client discounts or maybe senior discounts? No, unfortunately.

[00:12:58] **Speaker1:** I.

[00:12:58] **Speaker2:** Don't have a discount.

[00:13:00] **Speaker1:** Um, no.

[00:13:01] **Speaker2:** No, I'm not special enough.

[00:13:03] **Speaker1:** So sorry.

[00:13:06] **Speaker2:** Although, Best Belts was really great with us. Um, and then something I don't know, their their customer service isn't great, but they are really the best belts. I mean, I had to they're no longer IPFw approved, so I had to replace all of my belts, um, for, for world, the world Championships. And really, there's nothing as good as the best belt.

[00:13:27] **Speaker1:** So yeah. So what Rory is referring to and this doesn't apply to the majority of people. So a few years back, the IPF instituted a, um, basically an approved equipment list. So so they charge equipment manufacturers to be on their approved list. And so companies that want to pay their fees to be IPF approved equipment, um, you know, are on their list. And then what happens is lifters who participate in Usapl, which is the IPF affiliate in our country, you know, at the national level, and then certainly at the international level for the IPF, they can only lift in those approved equipment providers stuff. So, um, which is, I think, really ridiculous, but that's just the way it is.

[00:14:17] **Speaker2:** Don't get me started. All right, guys, um, any other questions?