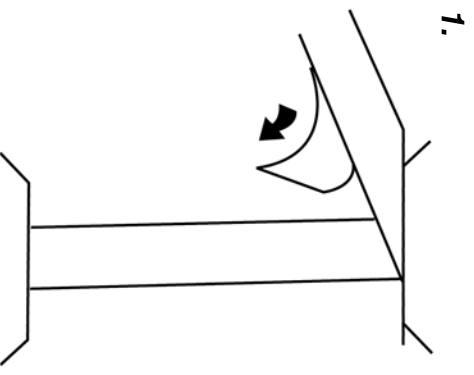




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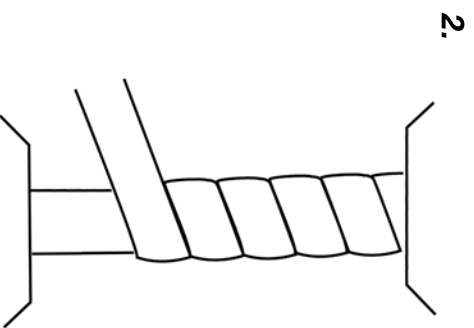
# DUMBBELL GRIPS



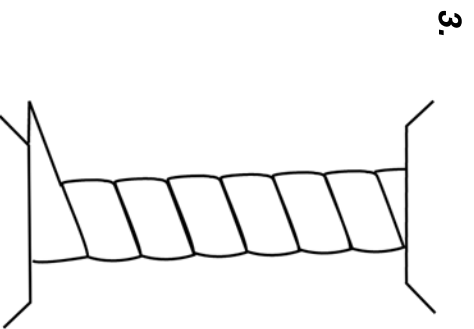
**Unwrap from tube  
(save tape)**

**Peel backing away  
from tip**

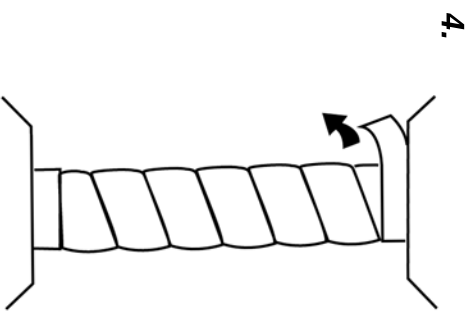
**Place cut end  
against weight**



**Wrap around the  
handle keeping  
edges together  
but not overlapped**



**Wrap to end  
Cut length at  
same angle if  
necessary**



**Wrap tape  
around both  
ends to secure  
the tips**

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