

Squat Wrap Checklist: Dominate Your Lifts with Confidence

- Length: 72 inches or longer for more wraps and better support.
- Material: Heavy-duty elastic for tight compression during heavy lifts.
- Closure Type: Choose between traditional wrap-and-tuck or Velcro for faster adjustments.
- Comfort & Fit: Look for soft inner lining and minimal bunching during movement.
- Stretch Level: Moderate to stiff depending on your squat style and support need.
- Competition Approved: Check if wraps are IPF or USPA certified for meets.
- Durability: Double-stitched seams and strong elasticity ensure long-term performance.
- Versatility: Ideal for squats, leg press, and heavy lifting days.
- Breathability: Some wraps offer breathable material to reduce sweat build-up.
- Style & Color: Because who says support can't look good?