



Shoe Recommendations

Weightlifting Shoes-

Adidas Power Perfect 2.0

Adidas Power Perfect 3.0

<http://www.dynamicfitnessequipment.com/adidas-Power-Perfect-II-weightlifting-shoes-p/g17563.htm>

Adidas Leistung 2

Nike Romeo 2 (not 3)

Reebok Legacy

Nike Rom 2's, Adipowers, or Power Perfect 2/3's are all equivalent with the edge going to Rom 2's for really wide footed folks. Reebok legacy are also an option, though they do have a higher heel.

Deadlifting Shoes

Nike Davinos (Jordan and Austin)

Adidas wrestling shoes that I found on a clearance rack at BIG 5 over 10 years ago (Alan)

Deadlift Slippers (Leah)

Belt Recommendations

We recommend a leather belt. Women typically do well with a 3 in, 10mm belt, while many men prefer a 4 in belt, either 10 or 13 mm.

4 in, 13mm single prong belt (Jordan and Leah)

SBD belt (Austin)

4" 13mm single prong suede Pioneer (Alan)

Best Belts <http://bestbelts.net/>

General Leathercraft

<https://generalleathercraft.com/product-category/pioneer/weightlifting-belts/power-lifting-belts/>

Other equipment-

Lifting straps



Iron Mind (Jordan-Sew-Easy straps/Austin-Strong Enough straps/Alan)

Rogue Oly Leather Lifting Straps (Leah)

Wrist Wraps

SBD: Flexible if you are a non-competitor, Stiff if you are a competitor

Large length for men, medium for women

Alan uses- Lilliebridge Wraps by Pioneer

Knee Sleeves

SBD (Jordan/Austin/Leah)

Strong Sleeves (Alan)

Bench Accessories

Slingshot: Red original

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