

## Weight Lifting Elbow Sleeves

Weight lifting is a sport to test the strength and resistance. Weight lifting involves the application of various equipment to improve the targeted muscle groups and the type of equipment used are dumbbells, weighted bars, weight stacks and kettlebells although, the weight lifting is totally different from body building and weight training thus it form a vital component of any well rounded fitness routine.

Weight lifting elbow sleeves are used to protect the elbow from damage, they are made with a stretchable material made with breath o prene to reduce the skin irritation and to drive out moisture.

Elbow pain should not be neglected at all, and using a elbow sleeve will reduce the pressure.

There are some common problem related to the elbow such as Bursitis, which is an inflammation of fluid beneath the skin. Another one of the major problems related is arthritis, it causes narrowing of the joint space and loss of cartilage in the elbow. Weight lifters should get into the habit of using wearing elbow sleeves. Especially when you get to the level of lifting really heavy weights.

Weight lifting is a unique and different kind of sport because of the dynamic movement by lifting the weight under a full squat and with the lightening speed, moving the weight overhead with a fast movement of legs and hips to generate a large amount of force upon a loaded barbell.

Weight lifters are not only building strength but lifting can boost your confidence and self-esteem when you see the hard work begins to pay off.