

How to wrap your hands to prevent open wounds, protect the knuckles, wrist and skin, and to promote correct technique the hand wrap is a boxers most vital piece of protective equipment (and the most affordable). Quick wraps and inners don't offer you any muscular or ligament protection, so for your own safe and effective workout learn this easy and effective way to wrap your hands.

Consider these things when wrapping:

- Wrap your wrist and knuckles as if you are supporting an injury (like a twisted ankle). Prevention is better than cure.
- Wrap firmly and make a fist in between loops to ensure the wrap is firm without cutting off circulation. A loose wrap can cause as much damage as not being wrapped at all.
- Your wrap mimics what your muscle looks like if you where to peel the skin off the back of your hand.
- Wrapping around your entire hands/ knuckles is a waist of wrap and does not support the knuckle. A good wrapping technique keeps a "clean palm".
- DO NOT wrap the thumb. The thumb has no place in boxing except being tucked against the curled knuckle.
- Wash your wraps after each use and DO NOT leave in your sports bag. These sweaty little dudes are prone to fungus and mould growth if left in the moist, warm dark.



1. Hook loop over thumb and start wrapping down the wrist.

2. Wrap firmly down wrist about three times to provide support.



3. Begin a series of figure 8 loops starting at the index finger. Take the wrap over the back of the hand to the first knuckle and loop around finger.

4 Take the wrap under the wrist and wrap over the hand toward the middle knuckle.

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5. Make a fist between each figure of 8 knuckle loop to keep good circulation. Repeat wrapping each finger in a figure of 8 loop from under the wrist.



6. A good wrap maintains a clean palm.



7. Reinforce the index and middle finger with a second figure of 8. These are the knuckles you should be striking with.



8. Anchor around all knuckles with a couple of loops.

9. Continue down wrist and secure with Velcro (twist the wrap if the Velcro is wrong side around).

10 Now go hit that bag. **HARD!**

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