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PREMIUM WRIST SUPPORTS

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**MENS
GRIPS**

[Care & Instructions](#)

How to Wear Ring Grips



1
Check size & fit.
Dowel faces hand

2
Wear to first
knuckle

3
Do not
wear low

How to Wear High Bar Grips



1
Check size & fit.
Dowel faces hand

2
Wear to first
knuckle

3
Do not
wear low

CAUTION: High Bar Grips are only intended for use on the high bar/horizontal bar. Ring Grips are only intended for use on the rings. Use each grip for the specific event that it was made for. Otherwise, you will increase the risk of injury, paralysis, or even death.

Care & Instructions

Use your grips under the advice and guidance of a professional instructor and/or coach of gymnastics. **Never loan your grips to another gymnast** for your safety and theirs. Replace your grips every 6 months or as soon as they show signs of wear. Always keep a back-up pair of grips & write your name on every pair.

If Finger Holes are too Small

Roll up a piece of sandpaper around a pencil and sand the holes toward the body of the grip until you reach the desired size. At no time should the finger holes be pulled, stretched, or cut with a knife to enlarge holes.

How to Break In Your Grips

1. Manually roll the leather back and forth until pliable.
2. Use grips during warm up, swinging until they feel broken in.

Note: Do not attempt to swing giants, dismounts or more advanced skills until the grips are broken in. Do not modify these grips in any manner. Never use water, lotions, or leather conditioners on your grips!

Safety Tip!

When hanging on the apparatus, visually inspect the grip to see if the leather has stretched beyond its safe usage. This can be determined by checking the space between the top of the grip and the base of the grip when it is wrapped over the bar. Have your coach check this frequently to prevent injury.

Note: If grips tear or show signs of deterioration, discard them immediately and replace with new grips!

Mens Grips Sizing Guide

To measure, keep hand outstretched, fingers straight, and palm flat



Men's High Bar Grips

Measure from wrist to center of middle finger.

Men's Ring Grips

Measure from wrist to top of middle finger.

| Size | Elite | | RKO | | Hot Shot | |
|------|---------------|-------------|---------------|-------------|----------|-------------|
| | Double Buckle | Hook & Loop | Double Buckle | Hook & Loop | Buckle | Hook & Loop |
| 00 | NA | NA | NA | NA | 4 1/4in | 4 1/4in |
| 0 | NA | 4 1/2in | NA | 4 5/8in | 4 5/8in | 4 5/8in |
| 1 | 4 7/8in | 4 7/8in | 5 1/8in | 5 1/8in | 5 1/8in | 5 1/8in |
| 2 | 5 1/8in | 5 1/8in | 5 1/2in | 5 1/2in | NA | NA |
| 3 | 5 3/4in | 5 3/4in | 5 7/8in | 5 7/8in | NA | NA |
| 4 | NA | 6 1/8in | NA | 6 1/4in | NA | NA |

Men's High Bar Grips

| Size | Elite | | RKO | | Hot Shot | |
|------|---------------|-------------|---------------|-------------|----------|-------------|
| | Double Buckle | Hook & Loop | Double Buckle | Hook & Loop | Buckle | Hook & Loop |
| 00 | NA | NA | NA | NA | 5 3/8in | 5 3/8in |
| 0 | NA | 5 15/16in | NA | 5 3/4in | 5 3/4in | 5 3/4in |
| 1 | 6 1/4in | 6 1/4in | 6 3/8in | 6 3/8in | 6 3/8in | 6 3/8in |
| 2 | 6 5/8in | 6 5/8in | 6 5/8in | 6 5/8in | NA | NA |
| 3 | 7 in | 7 in | 7 1/8in | 7 1/8in | NA | NA |
| 4 | NA | 7 3/8in | NA | 7 1/2in | NA | NA |

Men's Ring Grips

If measurements have you between sizes, use smaller size. Visit usglove.com for helpful instructional videos.