

Manufactured by US Glove, Inc. Made in USA **US GLOVE® ESTABLISHED IN 1988**

Contact Us

1-505-856-7750

customer.service@usglove.com

Find US Glove on Socials:





f @USGloveGymnastics

#usglove usglove.com

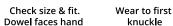


US GLOVE°

Care & Instructions

How to Wear Ring Grips







Do not wear **l**ow

How to Wear High Bar Grips



Check size & fit. Dowel faces hand

Wear to first

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

Size	Elite		RKO		Hot Shot		
	Double Buckle	Hook & Loop	Double Buckle	Hook & Loop	Buckle	Hook & Loop	ح ا
00	NA	NA	NA	NA	5 3/8in	5 3/8in	Men
0	NA	5 15/16in	NA	5 3/4in	5 3/4in	5 3/4in	ď
1	6 1/4in	6 1/4in	6 3/8in	6 3/8in	6 3/8in	6 3/8in	Ring
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	Grips
4	NA	7 3/8in	NA	7 1/2in	NA	NA] °

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