



ALSO AVAILABLE
TIGER PAW[®]
PREMIUM WRIST SUPPORTS

MADE IN USA



usglove.com

Manufactured by US Glove, Inc.
Made in USA




Contact Us

1-505-856-7750

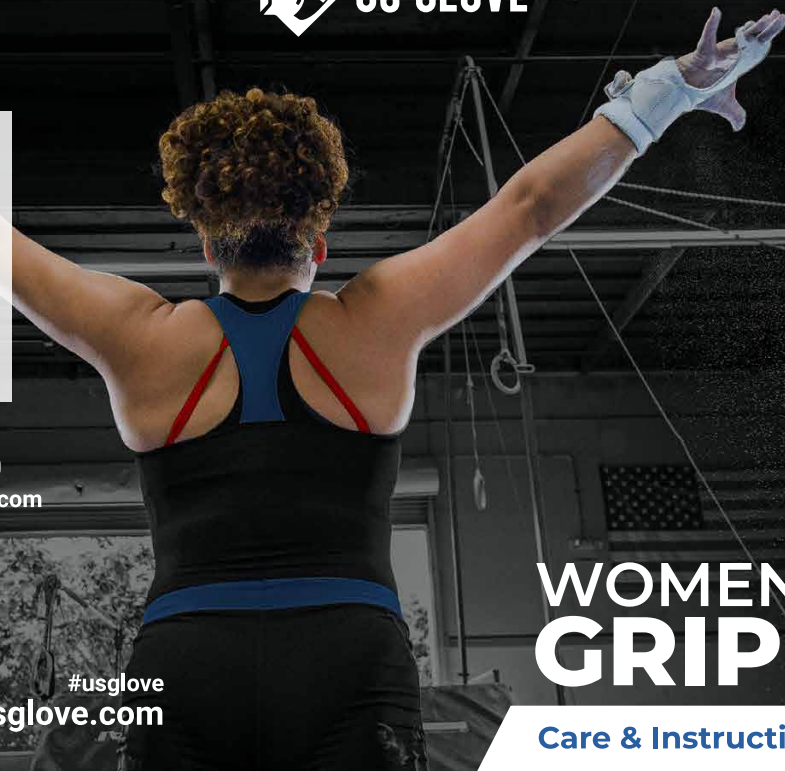
customer.service@usglove.com

Find US Glove on Socials:

 @USGlove  @US_Glove

 @USGloveGymnastics

#usglove
usglove.com



**WOMENS
GRIPS**

Care & Instructions

How to Wear Grips



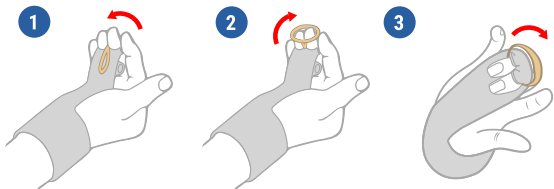
1
Check Size & Fit.
Dowel Faces Hand

2
Wear To First
Knuckle

3
Do Not
Wear Low

How to Fasten Elastic Band

For Hot Shot, Millennium I & II



1
Pull Band
Between Fingers

2
Stretch & Pull
Wide Over Fingers

3
Pull Back
Over Grip

***If you do not wish to use elastic Grip Keeper band, remove it before use.*

CAUTION: Uneven bar grips are designed for use only on the Uneven bars. Never attempt to use these grips on the Men's Horizontal/High Bar or Rings.

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

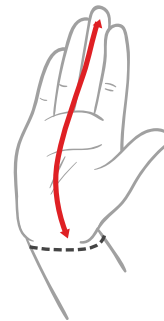
1. Manually roll the leather back and forth until pliable.
2. Use grips during warm up, swinging until they feel broken in.

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!



Womens Grips Sizing Guide

With outstretched hand, fingers straight, and flat palm, measure from wrist to top of middle finger.

Size	Elite, Millennium & Regular	RKO	Hot Shot		
			Regular	Leather Cuff	Double Buckle
000	NA	NA	5 in	5 in	NA
00	5 3/8in	5 5/8in	5 3/8in	5 3/8in	5 3/8in
0	5 7/8in	6 in	5 7/8in	5 7/8in	5 7/8in
1	6 1/8in	6 3/8in	6 1/8in	6 1/8in	6 1/8in
2	6 3/8in	6 5/8in	NA	6 3/8in	6 3/8in
3	6 3/4in	6 15/16in	NA	6 3/4in	6 3/4in
4	7 1/8in	7 5/16in	NA	NA	NA

If measurements have you between sizes, use smaller size.

Visit usglove.com for helpful instructional videos.