









	MATERIAL	THICKNESS	HAND FEEL	PROTECTION	REP SCHEME VOLUME	ENVIRONMENTAL CONDITIONS	BAR TYPE	EXPLANATION
LEATHER		2.2mm	Moderately Soft	High	High	Hot, Cold	*Speal bars (bare steel) Powder Coated	<ul style="list-style-type: none"> <li>Leather Grips are the original OG. They require a moderate break-in period and will become softer over time.</li> <li>They have the best coefficient of friction on Speal bars, but also perform well on powder coated bars. These are a great choice for beat up and sore hands and high volume workouts.</li> <li>Leather being a natural material has variations in thickness and texture. However, we do our best to keep the thickness in an acceptable range and match each grip to make sure texture is consistent between left and right.</li> <li>Leather stretches about a half inch over time.</li> </ul>
STEALTH		1.75mm	Barehanded Natural Dexterity	Moderate	Low to Medium	Humid, Hot, Cold	Powder Coated	<ul style="list-style-type: none"> <li>Stealth is a synthetic microfiber that is vegan-friendly and washable. It is microporous; therefore, it is breathable and does well in humid environments.</li> <li>The thin profile and texture provides a barehanded feel so you will have a natural dexterity. The coefficient of friction on powder coated bars is moderate and will allow your hand to slide naturally around the bar while still maintaining a good grip.</li> <li>Stealth is not the best on Speal bars as the slide is a little too much according to most athletes. These are great for situations where you want a natural dexterity, especially in a competition setting.</li> <li>Stealth requires a very short break-in period and will not stretch.</li> </ul>
X2		2.2mm	Soft	High	High	Humid, Hot, Cold	Powder Coated, Speal Bars (bare steel)	<ul style="list-style-type: none"> <li>X2 is a synthetic microfiber that is vegan-friendly and washable. It is microporous; therefore, it is breathable and does well in humid environments.</li> <li>The thickness and softness is very comfortable and is great for beat up and sore hands. The coefficient of friction is good on both powder coated and Speal bars.</li> <li>The X2 is a great overall material for both performance and protection. It requires no break-in period and will not stretch, although it does have a small elastic quality.</li> </ul>
TACTICAL		1.35mm	Barehanded Natural Dexterity	Moderate	Low to Medium High	Rainy, Hot, Cold	*Powder Coated Speal Bars (bare steel)	<ul style="list-style-type: none"> <li>Tactical is the thinnest grip and is meant for when you want to go hard and fast, especially in a competition setting. The thin profile allows for a natural dexterity.</li> <li>Woven Kevlar is on the hands side to provide as much protection and abrasion resistance possible due to how thin and grippy the Tactical are. A rubber compound is on the bar side, designed to grip into powder coated bars very aggressively.</li> <li>They are also a good grip for Speal bars. You will not need to chalk up as much with the Tactical; however, chalk is still recommended to enhance the grip and keep sweat oils from accumulating on the rubber compound.</li> <li>Some athletes are fine with doing high volume workouts like Murph wearing the Tactical, but may not be the best choice when your hands are sore.</li> </ul>

	STYLE	PURPOSE	EXPLANATION
4-FINGER		Full Protection	<ul style="list-style-type: none"> <li>The 4-Finger style is designed for those who need full protection because of being vulnerable to ripping across all for fingers, or for those who cannot take a chance of ripping anywhere on their hands.</li> <li>Some athletes also like the feel of the full hand coverage; therefore, the choice for this style is based on need or preference.</li> </ul>
3-FINGER		General protection / All-around use	<ul style="list-style-type: none"> <li>The 3-Finger style is a good for all-around use. Typically athletes rip under only two or three of their fingers so this style offers adequate protection while still allowing for some bare skin on the bar for that tactile and mental connection to the bar.</li> <li>The 3-Finger grips are the compulsory grips that you must have in your arsenal.</li> </ul>
2-FINGER		Rings, Kettlebells, Minimalist	<ul style="list-style-type: none"> <li>The 2-Finger style has a narrow profile that is perfect for rings because it will not bunch up the sides and provide a good hand connection. The narrow profile also allows you to get both hands into the handle of a kettlebell without bunching providing a surprising good grip for those deep sets of kettlebell swings.</li> <li>Some athletes like a very minimalist grip on the pull-up bar, needing something just to enhance their grip for pull-ups and bar muscle ups without the desire or need for much protection.</li> <li>The 2-Finger grips are a good pair to have in your arsenal of grips because of their specificity.</li> </ul>
FINGERLESS / FREEDOMS		Fast Transitions	<ul style="list-style-type: none"> <li>The fingerless style (also known as Freedom grips) are designed for fast transitions between gymnastics skill where you need grips, to other skills such as double unders where you need to be barehanded.</li> <li>These grips are specifically design to ensure durability and safety. It is not recommended to use 3-Finger grips as fingerless as they are too long which could cause lock-up resulting in injury. Additionally, the 3-Finger design does not provide enough durability when being used as fingerless grips.</li> <li>The grips with finger-holes will lock you into the bar more than the fingerless because the finger-holes actually push your fingers into the bar. However, the grip of fingerless is very efficient when transition time is crucial. Freedom grips are a must have in addition to grips with the finger-holes.</li> </ul>