

# HOW TO WRAP YOUR HANDS



Spread your hand out wide. Put the loop around your thumb. "THIS SIDE DOWN" should be facing your skin as you wrap..



Wrap around wrist (go under wrist) one or two times.



Wrap across the back of the hand, then around all 4 fingers. **Keep your hand spread apart!**



Go around all 4 a total of 3 times (120 inch wraps) or 5 times (180 inch wraps), finishing outside the pinky. Bring wrap past the thumb....



...then under the hand, then between the pinky and ring finger.\*

*\*For 180 inch wraps, wrap once around wrist after each "between the fingers"*



Bring wrap past the thumb again, then between the ring and middle finger.\* Repeat, wrapping between the middle and index finger.\*



Bring wrap past the thumb again, and under the hand.



Wrap around all 4 knuckles, continuing around until most of the wrap is used.



Finish with the velcro around the wrist.