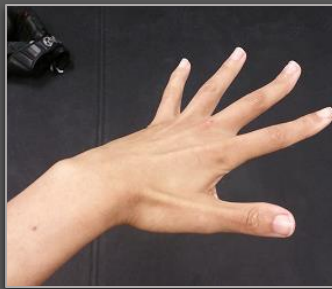




## HOW TO

### Put on hand wraps BASIC TECHNIQUE

*The quick and simple way to wrap up.*



Stretch out your hand

Palm down, wrist straight, fingers apart.



Put thumb through loop

Before crossing over the top of your hand.



Wrap wrist at joint

Wrap 3-4 times. Smooth & snug but not tight.



Up and over thumb joint

Passing between thumb and index finger.



Return to wrist

Completing thumb wrap once.



Wrap over wrist once

Entire wrist should now be covered.



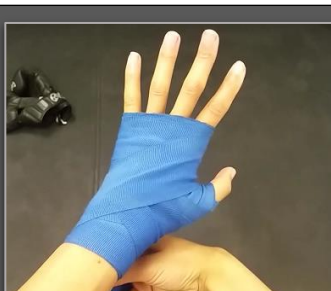
Cross up to pinky knuckle

Then pass under palm to joint between thumb and index finger



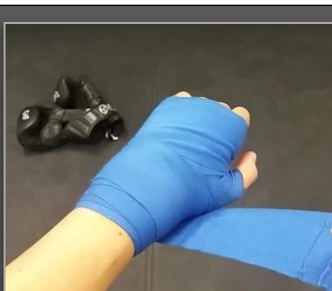
Wrap knuckles 3-4 times

Keep fingers spread.



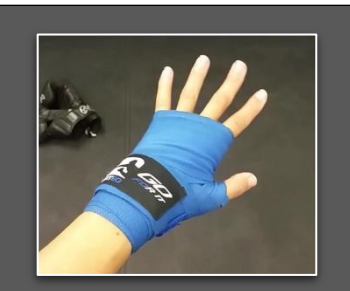
Cross down to wrist

Cross over the top of the hand to the wrist.



Alternate wrist & knuckles

Wrap 3-4 times on each, until you have 8- 10 inches left.



Fasten velcro at wrist

CHECK wrap is secure but not tight and you can move fingers & make fist with no tightening or restriction to blood flow.