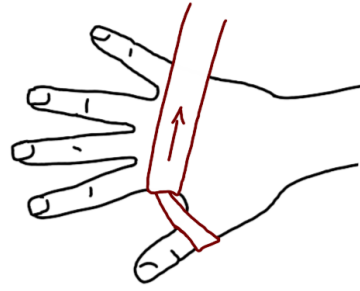
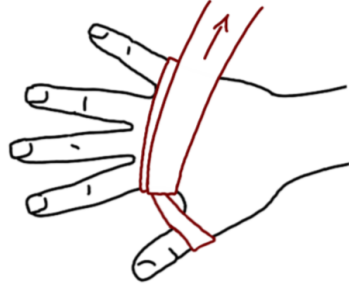


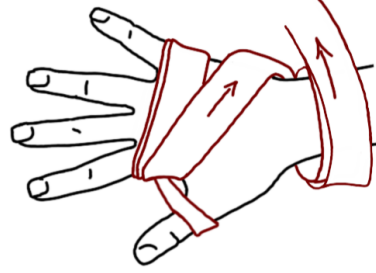
HOW TO DO YOUR WRAPS



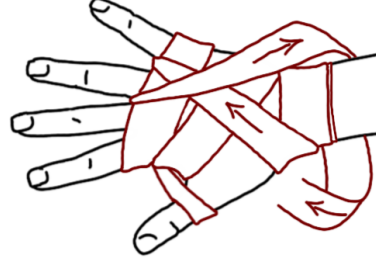
1. Put thumb through thumb loop to begin



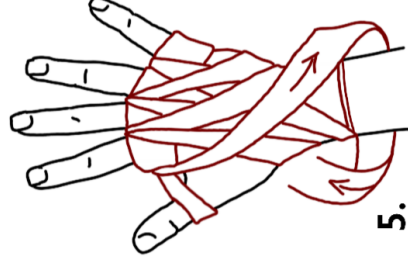
2. Wrap around knuckles 3-5 times depending on wrist size



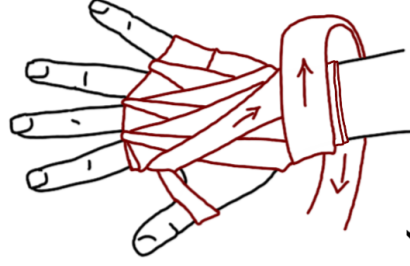
3. Across the back and around wrist 2-3 times



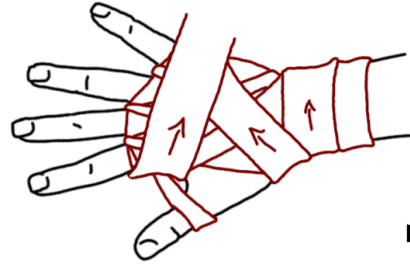
4. Over the back, around the ring finger and around wrist again



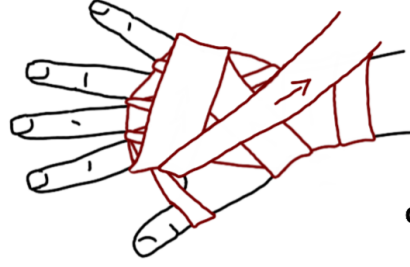
5. Repeat step 5 for fingers 1 & 2



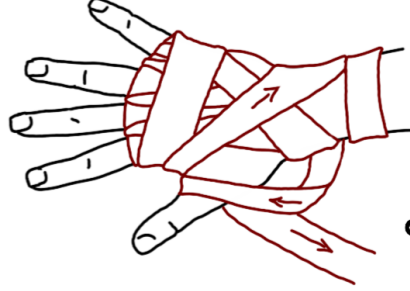
6. Around wrist again



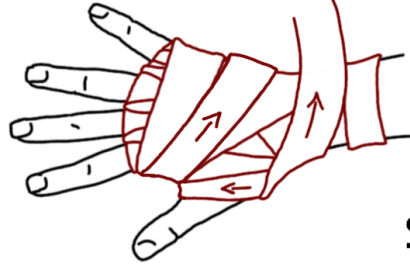
7. Over the back and around the knuckles



8. Around and down firmly for support



9. Around then over the thumb twice



10. Around the wrist and cover back of hand to tidy off



11. Wrap remaining length around wrist and secure at wrist