



## Boxing Wrap Instructions

Place your thumb through the loop at the end of the wrap. The loop is located at the opposite end of the Velcro and B.M.P. logo. Make sure that the logo is facing up and the underside of the wrap is against your hand. If you wind the wrap upside-down, you will have trouble fastening it when you are finished.

**Wrist Wrap:** Wind the wrap around the back of your wrist 2 to 4 times, depending on the size of your hands and the level of stability you are trying to attain. Finish the wrap on the inside of the wrist.

- ✓ Wrap should be flat and overlap itself directly with each turn.
- ✓ If you find that you need to add or reduce length to the wrap at the end, simply adjust the number of times you wrap your wrist.

**Hand Wrap:** Pull the wrap around the back of your hand over the area just above your thumb and across your palm to the other side. Continue to wrap the same place three times ending with the wrap on the inside of your hand near your thumb.

**Thumb Wrap:** Wrap your wrist one time, finishing the wrap near your thumb, and then wind the wrap from the bottom of the thumb toward the top then back to the bottom. Finish by wrapping your wrist once more.

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*Revised May 2021*



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**Finger Wrap:** Starting at the inside of your wrist, wind the wrap over the top of the hand and between the pinky and ring finger. Wind it back from the inside of the wrist over the top of the hand and between the ring and middle finger. Continue this same process for the next finger and finish at the inside of the wrist.

**Alternative Hand Wrap:** Start by wrapping the wrist, then wrap diagonally from the inside of your wrist to the outside of your hand. Continue to wrap across your palm and above your thumb. Repeat this until the length of the wrap has been used and then finish with the last wrap around your wrist and secure the Velcro.

\* Flex your hand and move your hand around to check if the wrap is too tight or too loose.

\* Please note if the wrap is too loose injury can occur, and if the wrap is too tight you can cut off circulation causing injury.



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