

BATTLESTATIONS 360

HOW TO CARE FOR YOUR EQUIPMENT

Hand Wraps: Wash hand wraps in a laundry bag after each use. Lay wraps fully extended over a drying rack. Ensure wraps are completely dry before rolling them from the Velcro side first to facilitate faster wrapping for class.

Boxing Gloves: Immediately spray each glove (inside and outside) with a disinfectant. Allow gloves to air-dry with Velcro straps undone and wrist portion of glove pulled open as much as possible.

WHY WRAP YOUR HANDS FOR CLASS

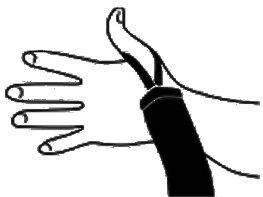
- * Injury prevention (Reduces risk of wrist and hand injuries).
- * Absorbs perspiration and the transfer of bacteria to your gloves.

TYPES OF APPROVED GLOVES

- Gloves must be a minimum of 10oz
- No lace-up gloves permitted
- No MMA gloves permitted
- Gloves must be in serviceable condition (i.e. no flaking of outer glove or loss of padding)

HOW TO WRAP YOUR HANDS

1 Insert your thumb into the thumb loop with the words "THIS SIDE DOWN" facing the back of your hand.



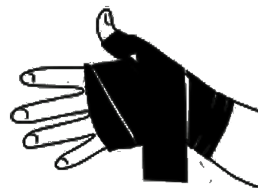
2 Spread your hand as wide as possible and wrap your wrist two to three times (not too tight).



3 Wrap the knuckles two times and follow by wrapping around the thumb.



4 Wrap the knuckles two additional times followed by figure 8 style wrapping around your knuckles and wrist.



5 Secure the Velcro strap at the wrist.

