



CHECKLIST

Getting Started with Your First Grips

- ☐ Measure your middle finger from tip to wrist crease with a ruler.

- ☐ Mark and cut finger holes carefully, starting smaller than you think you need.

- ☐ Wear grips for conditioning and low bar work for the first week.

- ☐ Fold and unfold the grips by hand between sessions to soften the leather.

- ☐ Apply chalk evenly to the palm side of the grip before each use.

- ☐ Inspect grips for thin spots and tears before every training session.

- ☐ Let grips air out flat after use; never store them folded while damp.
