

# Hand Wraps

## How to fit Hand Wraps

This page has been created to help with questions on how to use your Hand Wrap. The diagram at the bottom of the page shows the most common and in our opinion the most comfortable method of hand wrapping

- With your palm facing down hook the loop over your thumb. Bring the Hand Wrap across the back of your hand and down to your wrist bone
- Wrap twice firmly (but not too tightly) around your wrist
- Bring the Hand Wrap up across the back of your hand to the bottom of your little finger, wrap across your palm and back around across the knuckles to your little finger again.
- Bring the Hand Wrap diagonally down across your palm and around the bottom of your thumb then up to the bottom of your little finger.
- Wrap the Hand Wrap across your palm then diagonally down to your wrist on the side you little finger is on.
- Bring the Hand Wrap back under the wrist and diagonally up across the back of the hand up to the knuckle on the little finger
- Wrap the Hand Wrap across the palm side of your hand, then around the back of the hand to the little finger so that the hand wrap is in line with the middle knuckles on all the fingers.
- Bring the Hand Wrap down around the wrist, over the back of the hand, across the palm and back over the back of the hand to create an x pattern on the back of the hand.
- Finally finish off the [hand wrap](#) on the wrist.

This diagram should also help to highlight the intermediate moves

