Hand Wrap Sequence

STEP 1
- Hook wrap over thumb
- Wrap around wrist twice

STEP 2
- Keeping the fingers spread wrap around wrist
- Wrap around the outside of the hand just below the knuckle of the little finger

STEP 3
- Keeping the fingers spread wrap over the knuckles of hand

STEP 4
- Fold or double the wrap over the knuckles three to four times
- Ensure the fingers are kept spread and fold firmly and neatly over the knuckles to provide cushioning & protection

STEP 5
- Keeping the fingers spread, wrap around the whole hand and over the layers you have made by doubling the wrap over

STEP 6
- Wrap around the hand and the wrist to finish just below the join of the thumb
Hand Wrap Sequence Cont’d

STEP 7
• Keeping the fingers spread go through the space between the little finger and ring finger

STEP 8
• Keeping the fingers spread go through the space between index and middle finger

STEP 9
• Keeping fingers spread go through the space between middle and ring finger

STEP 10
• Wrap around the wrist covering the position just below the thumb joint
• Wrap over the knuckles

STEP 11
• Wrap around the thumb and wrist to finish

FINISHED PRODUCT!