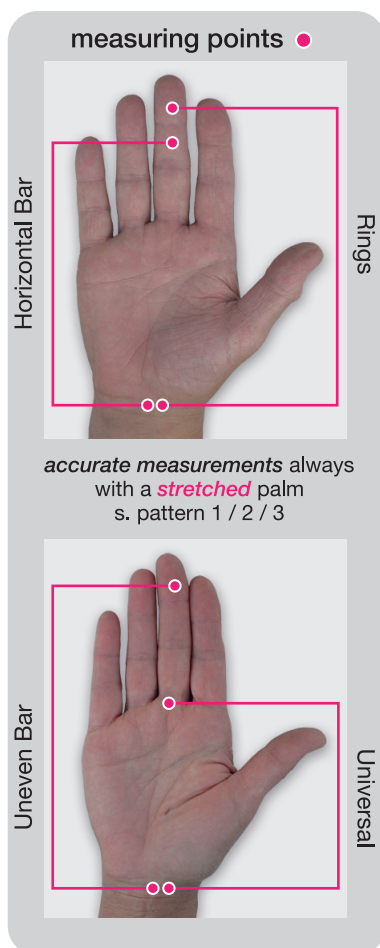


Sizing and Handling

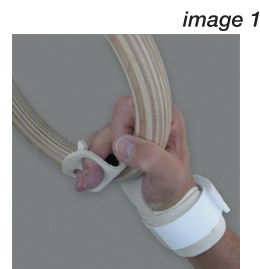
1 Bar pattern 1



2 Uneven Bar pattern 2



3 Rings pattern 3



4 Universal pattern 4



Richtiges Messen
accurate measurements only for the Universal grips with **slightly angled** Palm (s. pattern4)

CHAMPION-GRIP		Sizes (length in mm)					
Größen		0	1	2	3	4	5
Bar 1	velcro	110	125	135	145	155	
	buckle		125	135	145		
Uneven Bar 2	velcro	125	135	145	150	160	
	buckle		145	155	165		
Rings 3	velcro	140	145	155	165		
	buckle		145	155	165		
Universal 4	velcro	85	95	105	115	125	
	buckle	85	95	105	115		

We recommend that you choose the grips 5 mm smaller, because they still expand while wearing!

Proper handling

- Ever wear the grips in the first Phalanx in the correct belt length (exception: **4** Universal).
- Use only in one device type.
- Always wear the grips on the same hand.
- By overbridging, hooking and hanging on horizontal bar, parallel bars or rings is obtained optimum shaping and optimum grip belt (see *image 1* and *2*).
- Holes with sandpaper enlarge, reduce by wrapping it with tape.
- Check regularly to leather thickness and replace worn parts immediately!
- Grease and moisture to avoid!