

GRIP HANDBOOK



On the following pages *GMR* has discussed the most common questions regarding grips. Please call us if you still have some concerns not covered by this handbook.

www.ten-o.com | www.bygmr.com | 800.241.9249

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WHICH GRIP IS RIGHT FOR ME?



Many customers have requested a way to size the *TEN.O* grips from the hand size. The charts in this handbook have been compiled for use in sizing *TEN.O* grips only.

These measurements have been provided as an **approximate** guide. They in no way guarantee a safe or perfect fit. Only the gymnast and his/her coach can decide on the appropriate size by evaluating the actual grip once it is on the gymnast's hand. There are dimensions to the hand that cannot be taken into account with a flat measurement and there are several positions on the wrist where the gymnast might decide to settle the wristband. Therefore only the gymnast and his/her coach can make the proper judgment as to the correct size for any gymnast. *GMR* will not be held liable for failure due to use of an incorrectly sized grip. The coach and the gymnast must take final responsibility as to the fitness of a particular size.

LIGHTWEIGHT 1st GRIP PALM GUARD

with hook and loop G902 \$9.95 sizes: 0-3



- Lightweight leather
- Blue, red, purple or pink velcro closure
- Sold as a pair
- Size 0, 1, 2, 3

Lightweight 1st Grip Beginner Gymnastics Palm Guard. One or two day a week gymnasts can use this grip very successfully. The "baby" suede is easy to break in and the hook and loop makes for an easy on and off.



In most instances the two finger palm guard is worn by males and females with the fingerholes at the base of their fingers when the palm is stretched out. The imprinting is worn towards the palm.

Measure from bottom of palm to base of the middle finger

Guesstimate Sizing G902

SIZE	0	1	2	3
G902	up to 2.5"	2.5" to 3"	3" to 3.5"	3.5" to 4"

PINK PIXIE BEGINNER PALM GUARD

G902PG \$9.95 sizes: 0-3



- Lightweight Leather
- Pink Pixie Logo
- Pink Velcro Closure
- Sold as a Pair
- Choose Size 0, 1, 2 or 3

GECKO PALM GUARD

G301 Boy's Gecko \$9.95 sizes: 0-3

G302 Girl's Gecko \$9.95 sizes: 0-3



- Lightweight Leather
- Gecko Logo
- Gecko Green Velcro Closure
- Sold as a Pair
- Choose Size 0, 1, 2 or 3

Lightweight Beginner Gymnastics Palm Guards. One or two day a week gymnasts can use this grip very successfully. The "baby" suede is easy to break in and the hook and loop makes for an easy in and out.

Measure from bottom of palm to base of the middle finger

Guesstimate Sizing for G902PG, G301 & G302

SIZE	0	1	2	3
G902PG G301 G302	up to 2.5"	2.5" to 3"	3" to 3.5"	3.5" to 4"

2nd GRIP PALM GUARD

with hook and loop G903 \$14.95 sizes: 0-4



501 Blues Velcro 2nd Grip Palm Guard.
This is a good gymnastics grip to learn the feel of leather between the hand and the bar. A must for transition to a more advanced dowel grip. Beginning team gymnasts will like this grip.

501 2nd Grip Features:

- Durable 5oz. 501 Blue leather
- Distinctive 501 Blue strap with hook and loop
- Sold as a pair
- Sizes: 0, 1, 2, 3, 4



In most instances the two finger palm guard is worn by males and females with the fingerholes at the base of their fingers when the palm is stretched out (picture). The imprinting is worn towards the palm.

Measure from bottom of palm to base of the middle finger

Guesstimate Sizing G903

SIZE	0	1	2	3	4
G903	up to 2.5"	2.5" to 3"	3" to 3.5"	3.5" to 4"	4" & up

501 UNEVEN BAR GRIP without dowel

with hook & loop G501-10N \$38.95 sizes: 0-3



501 Blues Uneven Bar Velcro Pre-Dowel Gymnastics Grips. This pre-dowel fingertip gymnastics grip is a lead up to dowel grips. The 501 pre-dowel grip helps gymnasts develop the more difficult wrist shifting techniques needed for grips with dowels.

- Durable, easy swing, easy break-in 501 leather
- Tapered palm piece
- No Dowel
- Distinctive 501 Blue strap with hook & loop
- Metal strap loop
- Baby suede soft wrist padding
- Includes Soft Swing foam inserts
- Sold as a pair
- Sizes: 0, 1, 2, 3



WB512 \$5.50

This pair of 3" x 4.5" 10.0 gymnastics wristbands are like no other. A more sophisticated knitting process allows for a design that meets ALL of a gymnasts requirements for comfort, protection and fit.

- Seven Colors
- 93% Densely Woven Cotton for Comfort
- 4% Nylon for Luxurious Finish, 3% Spandex
- 3% Spandex for a Snug Fit
- Sold as a pair

Measure from bottom of palm to top of the middle finger. Following these size charts does not guarantee a perfect fit as there are dimensions to the hand and several ways to wear grips that cannot be taken into account in a chart. Only gymnasts and coaches can make a proper judgment as to size. Send or fax a hand tracing for a better guesstimate.

Guesstimate Sizing for G501-10N

SIZE	0	1	2	3
G501-10N	up to 5.75"	5.75" to 6.25"	6.25" to 7"	7" & up

SIZING FOR AN UNEVEN BAR DOWEL GRIP



Women's uneven bar grips are worn on the first knuckle. The hand should be able to extend from 160° to 170°. This is the longest of all grips due to the larger diameter of the women's rails. The imprint is worn toward the palm. **UNDER NO CIRCUMSTANCES SHOULD A WOMEN'S UNEVEN BAR GRIP BE WORN ON THE MEN'S HIGH BAR. BROKEN WRISTS WILL RESULT FROM THE GRIP LOCKING ON THE HIGH BAR.**

PIXIE UNEVEN BAR GRIP with dowel
hook & loop G610 \$34.95 sizes: 000-1



Pixie Grips

Pixie Velcro Grips Feature:

- Durable easy swing, easy break-in 501 leather
- Stitched on dowel
- Short narrow palm piece for small hands
- Baby Blue strap with hook & loop closure
- Metal strap loop
- Finger hole tabs holds grips in place
- Includes soft swing inserts pair
- Sizes: 000, 00, 0, 1
- These grips are for small petite slender hands.

Measure from bottom of palm to top of the middle finger

Guesstimate Sizing G610

SIZE	000	00	0	1
G610	up to 5"	5" to 5.5"	5.5" to 6"	6" to 6.5"

PIXIE BUCKLE UNEVEN BAR GRIPS

dowel / buckle G612 \$34.95 sizes: 000-1



Pixie Grips

Pixie Buckle Grips Feature:

- Durable easy swing, easy break-in 501 leather
- Stitched on dowel
- Short narrow palm piece for small hands
- Secure buckle closure
- Finger hole tabs holds grips in place
- Includes soft swing inserts
- Sold as pair
- Sizes: 000, 00, 0, 1
- These grips are for small petite slender hands.

GECKO UNEVEN BAR GRIP

dowel / hook & loop G310 \$34.95 sizes: 000-1



Geka Grips Feature:

- Durable easy swing, easy break-in 501 leather
- Stitched on dowel
- Short narrow palm piece for small hands
- Gecko Green straps with hook & loop closure
- Finger hole tabs holds grips in place
- Metal strap loop
- Includes soft swing inserts
- Sold as pair
- Sizes: 000, 00, 0, 1
- These grips are for small petite slender hands.

Measure from bottom of palm to top of the middle finger

Guesstimate Sizing G612 , 310

SIZE	000	00	0	1
G612 G310	up to 5"	5" to 5.5"	5.5" to 6"	6" to 6.5"



501 BLUES UNEVEN BAR GRIP
with dowel / hook & loop G501-10 \$39.95 sizes: 0-3

501 BLUES *The Grip With An Easy Swing*

Grips that fit with the comfort of your oldest, most faded jeans - from the first swing.

501 FEATURES

- Durable, easy swing, easy break-in 501 leather
- Tapered palm piece
- A Stitched Dowel
- Metal D Ring
- Distinctive Custom Strap
- Soft "Baby" Suede Wrist Protection
- Sizes: 0, 1, 2, 3



501 BLUES UNEVEN BAR GRIP
dowel / buckle G501-12 \$38.95 sizes: 0-3

501 Blues Uneven Bar Buckle Dowel Gymnastics Grip. Just imagine grips that fit with the comfort of your oldest, most faded jeans-from the first swing.

501 Blues Buckle Grips Features:

- Durable, easy swing, easy break-in 501 leather
- Tapered palm piece
- Stitched on dowel
- Secure buckle closure
- Includes Soft Swing Inserts
- Sizes: 0, 1, 2, 3

Measure from bottom of palm to top of the middle finger

Guesstimate Sizing for G501-10 & G501-12

SIZE	0	1	2	3
G501-10 G501-12	up to 5.75"	5.75" to 6.25"	6.25" to 7"	7 & UP"

CLASSIC TEN.O UNEVEN BAR GRIP
dowel / hook & loop G910 \$46.00 sizes: 0-3

The Grip That Keeps on Swinging



Durable heavy duty white split grain leather for the strong swinging gymnast.

- Classic 10.0 Velcro Grips Feature:
- Durable heavy duty white split grain leather for the strong swinging gymnast
- Two finger tapered palm piece design
- Stitched on dowel
- Distinctive Classic 10.0 strap with hook & loop
- Metal strap loop
- Baby suede soft wrist padding
- Includes Soft Swing foam inserts
- Sold as a pair
- Sizes: 0, 1, 2, 3



CLASSIC GRIP KIT
wristband, grip brush
& a Classic tee magnet
GK612-C \$19.95



TEN.O 3" Small Wristbands
2.5"x 3"
93% cotton, 4% nylon, 3% spandex
WB511 \$4.75
four colors

Measure from bottom of palm to top of the middle finger				
Guesstimate Sizing G910				
SIZE	0	1	2	3
G910	up to 5.75"	5.75" to 6.25"	6.25" to 7"	7" & up

LADY GODIVA UNEVEN BAR GRIPS

dowel / hook & loop G710 \$39.95 sizes: 0-3



Equal to Reisport Grips

Lady Godiva Uneven Bar Velcro Dowel Grips

- Features Reisport Swiss style sizes with straight palm piece and finger hole tabs
- Easy to break in 501 Chocolate brown leather
- Stitched on dowel
- Distinctive Lady Godiva logo
- Heavy duty pink strap with hook and loop
- Includes white soft swing foam inserts
- Sold as a pair
- Sizes: 0, 1, 2, 3



SOFT SWING INSERT



LADY GODIVA WRISTBAND

WB529 \$5.50

3" x 5" Lady Godiva Embroidered Wristbands are one of our favorite new products. The extra padding in these tightly woven and more sophisticated knitting process allows for a design that meets ALL of a gymnasts requirements that provide comfort, fit, protection, and warmth for those long workouts.

- 93% densely woven cotton for comfort, 4% nylon for a luxurious finish, 3% spandex for a snug fit - again and again.
- SOLD AS PAIR.

Measure from bottom of palm to top of the middle finger. Following these size charts does not guarantee a perfect fit as there are dimensions to the hand and several ways to wear grips that cannot be taken into account in a chart. Only gymnasts and coaches can make a proper judgment as to size. Send or fax a hand tracing for a better guesstimate.

Guesstimate Sizing G710				
SIZE	0	1	2	3
G710	up to 6.5"	6.5" to 7"	7" to 7.5"	7.5" & up

TENSPOORT UNEVEN BAR GRIP

dowel / hook & loop G810 \$39.95 sizes: 00-3



Tensport Velcro Grips Feature:

Same features as the Swiss Reisport Grips.

- Durable easy swing, easy break-in 501 leather. This special leather is as long lasting as the Reisport leather.
- 20% less in price than the Reisport Grip.
- Finger hole tabs hold fingers in place
- Straight palm piece
- Stitched on dowel
- Distinctive Tensport strap with hook and loop
- Metal strap loop
- Includes Soft Swing foam insert
- Equal to Reisport
- Sizes: 00, 0, 1, 2, 3



SOFT SWING INSERT

TENSPOORT GRIP BAG

ZR90-GB-T \$8.95

This Deluxe Tensport mini duffel bag with the men's logo on one side and the women's logo on the other side will help keep your gym bag chalk free. The 6"x12" size is just big enough for grips, tape, grip brush, wrist supports, wrist bands and tape cutter. Keep the chalk trapped in your grip bag.



Measure from bottom of palm to top of the middle finger. Following these size charts does not guarantee a perfect fit as there are dimensions to the hand and several ways to wear grips that cannot be taken into account in a chart. Only gymnasts and coaches can make a proper judgment as to size. Send or fax a hand tracing for a better guesstimate.

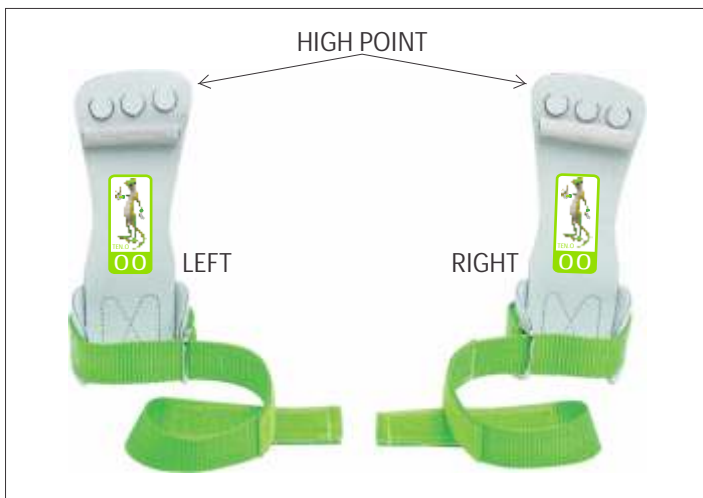
Guesstimate Sizing G810

SIZE	00	0	1	2	3
G810	up to 6"	6" to 6.5"	6.5" to 7"	7" to 7.5"	7.5" & up

The men's high bar grips are worn on the first knuckle or between the first and second knuckle. The imprint is worn towards the palm. With the grips on and fingers extended as much as possible there should be a 145 to 160 degree angle formed by the fingers and the palm.

This is a crucial measurement. If the angle is greater than 160 degrees the grips are too long and could lock up on the bar causing the wrists to break ("locking up" is caused by the leather at the fingertip end grabbing the leather at the palm and giving a brake-like action so that the hands stop but the body continues to rotate).

As you can see, the longer the grip is the more likely it is to have the top of the grip get caught in the bottom of the grip. The heavier the gymnast is, the more advanced a gymnast is, and the more one arm giants a gymnast does...the more likely the grip is to stretch rapidly. Remember this and order accordingly.



MEN'S GECKO BUCKLE HIGH BAR GRIPS

dowel / buckle G305 \$34.95 sizes: 00, 0, 1



Men's Geky High Bar Grips Feature:

- Durable easy swing, easy break-in 501 leather
- Stitched on dowel
- Three finger design for more palm coverage
- Secure buckle closure
- Finger hole tabs holds grips in place
- Includes soft swing inserts
- Sold as pair
- Sizes: 00, 0, 1

MEN'S GECKO VELCRO HIGH BAR GRIPS

dowel / hook & loop G307 \$34.95 sizes:



Men's Geky High Bar Grips Feature:

- Durable easy swing, easy break-in 501 leather
- Stitched on dowel
- Three finger design for more palm coverage
- Gecko Green straps with hook & loop closure
- Metal strap loop
- Finger hole tabs holds grips in place
- Includes soft swing inserts
- Sold as pair
- Sizes: 00, 0, 1

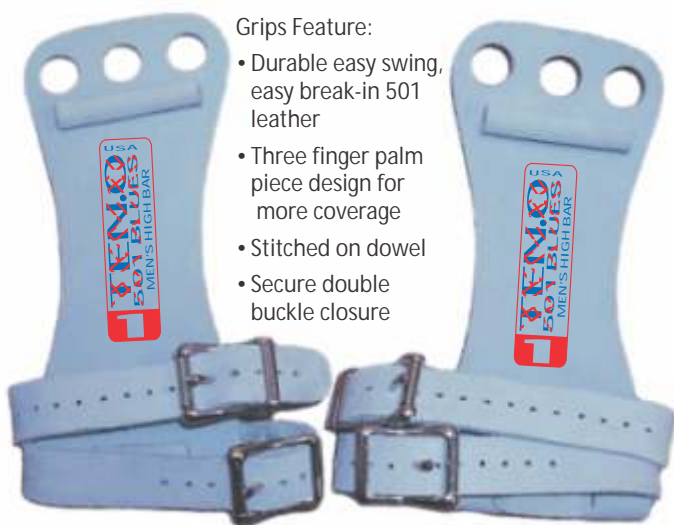
Measure from bottom of palm to top of the middle finger

Guesstimate Sizing for G305 & G307

SIZE	00	0	1
G305 G307	5" to 5.5"	5.5" to 6"	6" to 7"

501 BLUES DOUBLE BUCKLE HIGH BAR GRIPS

with dowel G501-05 \$39.95 sizes: 1-3



Grips Feature:

- Durable easy swing, easy break-in 501 leather
- Three finger palm piece design for more coverage
- Stitched on dowel
- Secure double buckle closure



501 BLUES VELCRO HI BAR GRIPS

dowel / hook & loop G501-07 \$39.95 sizes: 0-3

Features:

- Durable easy swing, easy break-in 501 leather
- Three finger design for more palm coverage
- Stitched on dowel
- Distinctive 501 Blue strap with hook & loop
- Metal strap loop
- Includes Soft Swing foam inserts



SOFT SWING INSERT

Measure from bottom of palm to top of the middle finger

Guesstimate Sizing for G501-05 & G501-07

SIZE	0	1	2	3
G501-05	NA	up to 7"	7" to 7.75"	7.75" & up
G501-07	up to 6"	6" to 7"	7" to 7.75"	7.75" & up

CLASSIC 10.0 VELCRO HIGH BAR GRIPS

dowel / hook & loop G907 \$45.50 sizes: 0-3



Classic 10.0 Men's Horizontal Bar Velcro Dowel Gymnastics Grips. This grip takes longer to break in but lasts longer.

Classic 10.0 Velcro Hi Bar Grips feature:

- Durable, heavy duty, white, split grain leather for the strong swinging gymnast
- Sewn in dowel
- Distinctive Classic 10.0 strap with hook and loop.
- Includes soft swing inserts
- Sizes: 0, 1, 2, 3



SOFT SWING INSERT

501 BLUES
5.5"
LONG
WRISTBAND

WB539 \$6.95

This is one of our favorite new products. A wristband like no other. A more sophisticated knitting process allows for a design that meets ALL of a gymnasts requirements for comfort, protection and fit. Size 3"x 5.5". One Color Only. 93% DENSELY WOVEN COTTON FOR COMFORT 4% NYLON FOR A LUXURIOUS FINISH 3% SPANDEX FOR A SNUG FIT - AGAIN and AGAIN.



Measure from bottom of palm to top of the middle finger. Following these size charts does not guarantee a perfect fit as there are dimensions to the hand and several ways to wear grips that cannot be taken into account in a chart. Only gymnasts and coaches can make a proper judgment as to size. Send or fax a hand tracing for a better guesstimate.

Guesstimate Sizing Men's G907 Classic 10.0 Velcro High Bar Grips				
SIZE	0	1	2	3
G907	up to 6.25"	6.25" to 7.25"	7.25" to 8"	8" & up"

MEN'S TENSPOORT HIGH BAR GRIPS

dowel / hook & loop G807 \$39.50 sizes: 0-3



Same features as the Swiss Reisport Grips.

- Durable easy swing, easy break-in 501 leather. *This special leather is as long lasting as the Reisport leather.
- 20% less in price than the Reisport Grip.
- Finger hole tabs hold fingers in place
- Straight palm piece
- Stitched on dowel
- Distinctive Tensport strap with hook and loop
- Metal strap loop
- Includes Soft Swing foam inserts
- Sold as a pair
- Equal to Reisport
- Sizes: 0, 1, 2, 3

TEN.O GRIP BAGS

ZR90-GB \$6.95

This mini duffel bag with the Men's logo on one side and the Women's logo on the other side will help keep your gym bag chalk free. The 6"x12" size is just big enough for grips, tape, grip brush, wrist supports, wrist bands and tape cutter. Keep the chalk trapped in your grip bag.

Available Colors: 1st color is bag color and 2nd color is strap color: Royal Blue and Red • Black and White White and Royal • Purple and White Navy and White • Red and White Teal and Purple • Fuchsia and Teal



Measure from bottom of palm to top of the middle finger. Following these size charts does not guarantee a perfect fit as there are dimensions to the hand and several ways to wear grips that cannot be taken into account in a chart. Only gymnasts and coaches can make a proper judgment as to size. Send or fax a hand tracing for a better guesstimate.

Guesstimate Sizing Men's G807 Tensport High Bar Grips

SIZE	0	1	2	3
G807	up to 6.5"	6.5" to 7"	7" to 8"	8" & up"

MEN'S CHOCO HIGH BAR GRIPS

dowel / hook & loop G707 \$39.95 sizes: 0-3



*HEAVY DUTY
CHOCOLATE BROWN LEATHER.*

Features:

- Features Reisport Swiss style sizes, patterns and finger hole tabs
- Durable heavy duty 501 Chocolate brown leather
- Easy break in
- Stitched on dowel
- Distinctive Choco logo
- Heavy duty black strap with hook and loop
- Includes white soft swing foam inserts



SOFT SWING INSERT



CHOCO WRISTBANDS
WB524 \$5.50

This pair of 3"x5" Choco Embroidered Wristbands are one of our favorite new products. Gymnastics wristbands like no other! The extra padding in these tightly woven and more sophisticated knitting process allows for a design that meets ALL of a gymnast's requirements that provide comfort, fit, protection, and warmth for those long workouts.

93% densely woven cotton for comfort, 4% nylon for a luxurious finish, 3% spandex for a snug fit - again and again.

Measure from bottom of palm to top of the middle finger. Following these size charts does not guarantee a perfect fit as there are dimensions to the hand and several ways to wear grips that cannot be taken into account in a chart. Only gymnasts and coaches can make a proper judgment as to size. Send or fax a hand tracing for a better guesstimate.

Guesstimate Sizing Men's Choco High Bar Grips				
SIZE	0	1	2	3
G707	up to 6.5"	6.5" to 7"	7" to 8"	8" & up"

The men's ring grips are worn with the holes at the first knuckle. The imprint is worn toward the palm. With the grips on and the fingers extended as much as possible there should be an angle of 150 to 170 degrees formed between the fingers and the palm (Figure 4). Heavier, more advanced gymnasts will stretch their grips more rapidly. Remember this and order accordingly. UNDER NO CIRCUMSTANCES SHOULD A RING GRIP BE USED ON THE HIGH BAR. BROKEN WRISTS CAN RESULT.



MEN'S GECKO RING GRIPS

dowel / buckle G304 \$34.95 sizes: 00-1



Geky Buckle Grips Features:

- Durable easy swing, easy break-in 501 leather
- Stitched on dowel
- Short narrow palm piece for small hands
- Secure buckle closure
- Finger hole tabs holds grips in place
- Includes soft swing inserts
- Sold as pair
- Sizes: 00, 0, 1

MEN'S GECKO RING GRIPS

hook & loop / dowel G306 \$34.95 sizes: 00-1



Geky Velcro Grips Features:

- Durable easy swing, easy break-in 501 leather
- Stitched on dowel
- Short narrow palm piece for small hands
- Gecko Green strap with hook & loop closure
- Metal strap loop
- Finger hole tabs holds grips in place
- Includes soft swing inserts
- Sold as pair
- Sizes : 00, 0, 1

Measure from bottom of palm to top of the middle finger. Following these size charts does not guarantee a perfect fit as there are dimensions to the hand and several ways to wear grips that cannot be taken into account in a chart. Only gymnasts and coaches can make a proper judgment as to size. Send or fax a hand tracing for a better guesstimate.

Guesstimate Sizing Men's G305 & G306 Gecko Ring Grips			
SIZE	00	0	1
G304 G306	up to 5.5"	5.5" to 6"	6" to 7"

MEN'S 501 BLUES DOUBLE BUCKLE RING GRIPS

double buckle / dowel G501-04 \$39.95 sizes: 1-3



*Durable easy swing,
easy break-in 501 leather.*

501 Blues Double Buckle Rings
Dowel Grips Feature:

- Durable easy swing, easy break-in 501 leather
- Two finger straight palm piece design
- Stitched on dowel
- Secure double buckle closure
- Sold as pair
- Size 1, 2, 3

MEN'S 501 BLUES VELCRO RING GRIPS

dowel G501-06 \$39.95 sizes: 0-3

501 Blues Rings Velcro Grips Feature:

- Durable easy swing, easy break-in 501 leather
- Two finger straight palm piece design
- Stitched on dowel
- Distinctive 501 Blue strap with hook & loop
- Metal strap loop
- Includes Soft Swing foam inserts
- Sold as a pair
- Sizes: 0, 1, 2, 3



Measure from bottom of palm to top of the middle finger. Following these size charts does not guarantee a perfect fit as there are dimensions to the hand and several ways to wear grips that cannot be taken into account in a chart. Only gymnasts and coaches can make a proper judgment as to size. Send or fax a hand tracing for a better guesstimate.

Guesstimate Sizing Men's G501-04 & G501-06 501 Blues Ring Grips

SIZE	0	1	2	3
G501-04	NA	up to 7"	7" to 7.75"	7.75" & up
G501-06	up to 6"	6" to 7"	7" to 7.75"	7.75" & up"

MEN'S CLASSIC 10.0 VELCRO RINGS GRIPS

hook & loop / dowel G906 \$45.50 sizes: 0-3



Classic 10.0 Velcro Ring Grips Feature:

- Durable, heavy duty, white, split grain leather for the strong swinging gymnast
- Sewn in dowel
- Distinctive Classic 10.0 strap with hook & loop
- Metal strap loop
- Includes Soft Swing foam inserts
- Sold as a pair
- Sizes: 0, 1, 2, 3



501 BLUES 5.5" LONG WRISTBAND

WB539 \$6.95

This is one of our favorite new products. A wristband like no other. A more sophisticated knitting process allows for a design that meets ALL of a gymnasts requirements for comfort, protection and fit. Size 3"x 5.5". One Color Only. 93% DENSELY WOVEN COTTON FOR COMFORT 4% NYLON FOR A LUXURIOUS FINISH 3% SPANDEX FOR A SNUG FIT -AGAIN and AGAIN.

Measure from bottom of palm to top of the middle finger. Following these size charts does not guarantee a perfect fit as there are dimensions to the hand and several ways to wear grips that cannot be taken into account in a chart. Only gymnasts and coaches can make a proper judgment as to size. Send or fax a hand tracing for a better guesstimate.

Guesstimate Sizing Men's G906 Classic 10.0 Ring Grips				
SIZE	0	1	2	3
G906	up to 6.25"	6.25" to 7.25"	7.25" to 8"	8" & up

MEN'S TENSPOORT RINGS GRIPS

dowel / hook & loop G806 \$39.95 sizes: 0-3



Tensport Velcro Grips Feature:

- Same features as the Swiss Reisport Grips.
- Durable easy swing, easy break-in 501 leather. This special leather is as long lasting as the Reisport leather.
- 20% less in price than the Reisport Grip.
- Finger hole tabs hold fingers in place
- Straight palm piece
- Stitched on dowel
- Distinctive Tensport strap with hook and loop
- Metal strap loop
- Includes Soft Swing foam insert
- Equal to Reisport
- Sizes: 0, 1, 2, 3

TENSPOORT GRIP BAG

ZR90-GB-T \$8.95

This Deluxe Tensport mini duffel bag with the men's logo on one side and the women's logo on the other side will help keep your gym bag chalk free. The 6"x12" size is just big enough for grips, tape, grip brush, wrist supports, wrist bands and tape cutter. Keep the chalk trapped in your grip bag.



Measure from bottom of palm to top of the middle finger. Following these size charts does not guarantee a perfect fit as there are dimensions to the hand and several ways to wear grips that cannot be taken into account in a chart. Only gymnasts and coaches can make a proper judgment as to size. Send or fax a hand tracing for a better guesstimate.

Guesstimate Sizing Men's G806Tensport Rings Grips				
SIZE	0	1	2	3
G806	up" to 6.5"	6.5" to 7"	7" to 8"	8" & up

MEN'S CHOCO RING GRIPS

hook & loop / dowel G706 \$39.95 sizes: 0-3



Choco Ring Velcro Dowel Grips

- Features Reisport Swiss style sizes, patterns and finger hole tabs
- Durable heavy duty 501 Chocolate brown leather
- Easy break in
- Stitched on dowel
- Distinctive Choco logo
- Heavy duty black strap with hook and loop
- Includes white soft swing foam inserts
- Sold as a pair

EMBROIDERED GOT CHALK WRISTBANDS

WB513 \$5.50

A pair of 3.5"x 3.25" Black Wristbands embroidered with the Got Chalk logo. These wristbands offer excellent comfort, protection and fit underneath the grips. Protects the gymnast wrists from blisters when wearing grips. A must have-when swinging bars.



GOT CHALK GRIP BAG KIT

GC612 \$19.95

The Got Chalk Grip Bag Kit includes all your basic needs in one grip bag. It includes the Got Chalk grip bag, a pair of 3.25" long Got Chalk Wristbands, a 10.0 Grip brush and a 10.0 collectable pin.



Measure from bottom of palm to top of the middle finger. Following these size charts does not guarantee a perfect fit as there are dimensions to the hand and several ways to wear grips that cannot be taken into account in a chart. Only gymnasts and coaches can make a proper judgment as to size. Send or fax a hand tracing for a better guesstimate.

Guesstimate Sizing Men's G706 Choco Ring Grips				
SIZE	0	1	2	3
G706	up to 6.5"	6.5" to 7"	7" to 8"	8" & up

Before putting your grips on to size them please remember:

WE CAN EXCHANGE YOUR GRIPS FOR YOU IF YOU GET THE WRONG SIZE, BUT ONLY IF THEY ARE IN "BRAND-NEW" CONDITION SO WE CAN SEND THEM TO SOMEONE ELSE. MAKE SURE TO WASH YOUR HANDS BEFORE TRYING THEM ON. DO NOT CHALK UP THE GRIPS OR TRY THEM ON THE EQUIPMENT (JUST ONE SWING STARTS THE LEATHER BREAK-IN PROCESS). WE CANNOT EXCHANGE GRIPS WHICH ARE SOILED, CHALKED UP, OR HAVE BEEN USED ON EQUIPMENT.

Breaking in your G902 and G903 palm guard is simple. Just fold and roll the leather by hand until the leather is no longer stiff.

The other grips can be used for warmup swinging for several workouts which should relax the leather enough for safe use in routines. Or you can manually bend the leather back and forth to soften the leather. Of course, what is required to break in a grip does vary depending on your size, skill level, and experience. Do not use new grips for skills you find difficult until your grips feel very secure on simple skills.

NEVER USE WATER ON YOUR GRIPS AS IT WILL CAUSE THEM TO STIFFEN AND ROT. GRIPS WHICH HAVE HAD WATER USED ON THEM WILL NOT BE COVERED BY OUR WARRANTY.

If the fingerholes of your grips are too small, roll up the piece of sandpaper enclosed with the grips and sand the holes to the desired size. **DO NOT PULL ON HOLES TO STRETCH THEM OUT. THIS CAN CAUSE THE LEATHER TO TEAR. GRIPS TORN IN THIS MANNER CANNOT BE COVERED BY OUR WARRANTY.**

DO NOT TRY TO CUT THE FINGERHOLES. Cutting the holes with a razor can lead to small cuts along the edge of the hole which can cause them to tear during use. This would be very dangerous. **GRIPS CUT IN THIS MANNER CANNOT BE COVERED BY OUR WARRANTY.**

If the rear surface of the grip feels too slick, use the sandpaper or a grip brush to rough up the nap of the leather. Remember to always brush across the grip (not up and down) and to never brush near the stitching as this can cut the threads causing the grip to fall apart or the dowel to fall out. **GRIPS ABUSED BY A GRIP BRUSH OR SANDPAPER WILL NOT BE COVERED BY OUR WARRANTY.**

Over time the suede on the rear can become slick from chalk buildup and packing down of the natural nap of the suede. Use a grip brush to remove chalk buildup and to lift the suede nap. Brush firmly across the grip (not up and down). **DO NOT BRUSH THE LINES OF STITCHING.** The grip brush will cut the thread causing the dowels to fall out or the grip structures to be weakened.

Check your grips daily for stretching, stitch weakness or signs of tearing. Grips can last anywhere from several months to several years. It depends on your size, skill level, and the type of skills you are working. One arm giant work will greatly shorten the life of the grip as repeated use of one particular arm (therefore one particular grip) bearing all of the body's weight will cause that grip to stretch rapidly. Working with a stretched grip or with one grip longer than the other is extremely dangerous.

These grips have all been designed for maximum performance and durability, but as with all leather products, they will wear out. The constant stretching, body moisture, salt and drying chalk all cause grips to wear out. If a grip shows signs of stretching, tearing, weakened threads or extreme slickness -

SUSPEND USE OF THE GRIP IMMEDIATELY. IT IS PARTICULARLY IMPORTANT TO CHECK THE HIGH BAR GRIP FOR SIGNS OF STRETCHING. IF A HIGH BAR GRIP IS TOO LONG IT CAN LOCK UP ON THE BAR AND CAUSE YOUR WRIST TO BREAK. DO THE 145 TO 160 DEGREE TEST OFTEN IF THE DOWEL IS SCOOTING TO THE SIDE IT IS TOO LONG.

WEARING WORN, STRETCHED, INCORRECTLY SIZED, OR DEFECTIVE GRIPS CAN LEAD TO FAILURE OF A GRIP DURING USE WHICH CAN CAUSE SERIOUS INJURY INCLUDING PARALYSIS AND EVEN DEATH.



REMEMBER GRIP'S LAW
IF A GRIP IS GOING TO BREAK, IT
WILL DO SO AT A MEET!
(OR THE DAY BEFORE A MEET).
ALWAYS HAVE A BACK-UP PAIR
OF GRIPS.

TEN.0 grips are warranted against defects in workmanship or materials for 30 days.

This warranty does not cover loss of:

- GRIPS SUBJECTED TO ABUSIVE USE OF GRIP BRUSH OR SANDPAPER
- GRIPS SUBJECTED TO WATER
- GRIPS SUBJECTED TO EXCESSIVE PULLING DUE TO ONE ARM WORK OR UNNECESSARY PULLING ON THE BAR
- GRIPS WITH FINGER HOLES TORN DUE TO PULLING OR CUTTING WITH A SHARP OBJECT

Do not make any alteration to the design, construction, or materials of the TEN.0 grips as this may result in failure of the grips during use causing serious injury, paralysis, or even death. Follow the instructions in this brochure carefully and use your grips under the supervision and with the advice of your coach at all times. Failure to do so could result in serious injury, paralysis, or death. GMR is not responsible for any consequential, special, or general damages resulting from any loss or injury occasioned by the use of TEN.0 grips. The purchaser uses TEN.0 grips at his/her own risk and assumes complete risk arising from participation in any activity with the TEN.0 grips. Purchaser, in order to induce GMR to sell or provide the TEN.0 grips to the user/purchaser, agrees by such purchase to the foregoing.

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