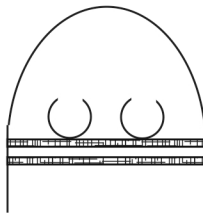


Nastia Grips

Champions Buckle Instructions for Use

1. Using Buckles, place grip on wrist.
2. Put grip on by placing middle and ring fingers through holes until grips reach first knuckle just below finger nail. Dowel should be facing towards hand.
3. Pull elastic band up between fingers.
4. Bring band around the outside of grip and over finger tips.
5. Twist band under finger tips and bring back around sides and over the top of grip. Refer to the diagram below.

WARNING: IF YOU DO NOT WISH TO USE THE ELASTIC "GRIP KEEPER" BAND, REMOVE IT BEFORE YOU USE GRIP.



Elastic Bands
Should Show
Two Passes
Under The Fingers.

