



# Rock Steady Boxing Tetons

Each boxer needs their own hand wraps (either traditional or gel), and a pair of boxing gloves.

## 1. Hand Wraps

Traditional

- Traditional Mexican Style 180 degree hand wraps
- More difficulty to put on
- [Amazon Sanubul \\$7](#)

**OR**

Gel Hand wraps

- Worn under boxing gloves
- Easier to put on and preferred by most boxers



Examples:

- [Target Title Boxing \\$25](#)
- [Amazon Everlast option \\$24](#)
- [Amazon Hunter \\$10](#)

## 2. Boxing Gloves

- 12-16 ounces, depends on boxer size
- 12 oz for a petite person



Examples:

- [Target Everlast Pro \\$45](#)
- [Target Century \\$50](#)
- [Amazon Sanabul \\$30](#)

## 3. Water Bottle