

Sizing the New EquipCrossFit Palm Protector

We'd like to start by saying you'll be lucky if our new EquipCrossFit palm protector fits perfectly right out of the box! So, for those who don't fall into this category, here's how to make it perfect for your hand.

First know that fitting our leather palm protector is easy and only requires basic home tools like a sharp knife, scissors, and a little sand paper. To start, try it on. Most important is the size of the finger holes. If the holes are too tight for the palm protector to comfortably slide down to the base of your fingers, they need to be enlarged. If the holes are only slightly small, simply use some coarse sandpaper, about a 100 grit, wrapped around a piece of dowel or another round object. Sand the inside of the hole uniformly until the fit is comfortable. For larger adjustments, small amounts of leather can be carved away with a sharp knife, such as an Exacto or utility knife. Afterwards, use the sand paper and dowel to smooth out the hole.

Looking at the drawing, keep in mind the leather thickness at letters **A**, **B**, & **C** are what we feel is a minimum for durability. While the stress on this type of product is much less than a gymnastics grip, avoid reducing these areas as much as possible. Point **D** can be sized as large as needed for comfort.

One of our primary design criteria was to provide as much protection to the palm area of the hand as possible. This is why the protector is straight cut along the sides. The dotted lines at point **E** indicate how you may wish to trim away some of the middle section for better comfort and fit. Remember the old carpenters philosophy - **“Measure Twice, Cut Once”**. **You can always cut more, but you can't add it back!**

