BOXING EQUIPMENT CHECKOUT PROCEDURE

All checkout procedures MUST be followed:

1. ID Card must be presented and left with the student worker in the ID Card Box prior to using the punching bags, regardless of whether or not you bring your own equipment.
2. Gloves and/or punching bags may be checked out 30 minutes at a time or less (a timer will be set).
3. Wraps AND gloves must be worn at all times to protect hands and knuckles and for sanitary reasons.
4. If kicking bag, it is highly recommended you use shin guards. If not using shin guards you must wear long pants.
5. Anyone with open sores, or scabs on hands will not be permitted to checkout gloves. They must supply their own.

* Two pairs of boxing gloves will be available for checkout to members of the HPER. Wraps will have to be purchased. The HPER Fitness Center will sell 10 pairs of hand wraps for $6.00/pair. You can purchase hand wraps in the HPER Center main office during office hours (8 a.m.-4:30 p.m.) After those wraps are sold, members can purchase wraps at Dick’s Sporting Goods or at Wal-Mart.

**Although gloves can be checked out, members are allowed and encouraged to bring their own boxing gloves.**
For your safety it is important that you wrap your hands and wear gloves while using the punching bags. If any member is found disregarding this rule, they will immediately be asked to leave. The following diagram shows how to properly wrap your hands.
HOW TO MAKE A PROPER FIST

Step 1:
Make a normal fist by curling your fingers and tucking your fingertips against the middle of your palm.

Step 2:
Rest your thumb over your curled index finger and middle finger. DO NOT place your thumb within the fist.

Step 3:
Make sure the tip of your thumb points downward, resting against the upper knuckles of both your index and middle fingers.

Step 4:
Hold your hands in a relaxed position even as you throw a punch. Tighten your fist at the precise moment of impact.

Step 5:
Relax your fist as soon as you pull back from the punch.

Step 6:
Remember that clenching your fist at the point of impact conserves energy that your body may need in other aspects of boxing.
Bags must be checked out before use. See weight room desk for checkout procedures and rules.