



Offers you a better grip over your bike handlebars and gear shifts



Protects your hands against the wind, rain, snow, and other adverse weather conditions



Reduces the severity of injuries to the palms, fingers, and wrists in case of mishaps



Keeps the hands warm and regulates temperature to ensure a good grip



Improves your power transfer and pedaling efficiency

Mom Junction

Source: https://www.momjunction.com/articles/best-cycling-gloves-hand-numbness_00640155/