

Benefits Of Using

Gym Gloves

For Pull-Ups



Reduce the friction between the hands and the exercise bar.



Prevent workout-induced calluses on the palms.



Lower pressure on the hands during heavy lifting.



Enhance grip with its anti-slip feature.



Allow you to focus on your form and technique better.



Support your wrist during lateral movement.

Images: Amazon

Mom

Source: https://www.momjunction.com/articles/best-pull-ups-gloves_00640010/