



Winter Work Out Gloves



Enjoying your training through winter is all about being warm. Because you are exercising your core is generally toasty, it's the extremities that feel the cold. So a beanie and GLOVES make a huge difference.

These Ninja gloves are great. They have a waterproof palm lining so your hands don't get wet on the ground and you still have the dexterity to pick things up easily – like cold barbells, kettle bells!

We are organising a one off order direct from the manufacturer so if you want in please let me know via email (state your size – see chart below) by Friday 9th May.



*pay at session

*hand delivered to you by me at sessions

Size Chart:

Measure the width of the palm (excluding the thumb) as seen in the picture below. In cm, your glove size will be:

- 7cm - Small
- 8cm - Medium
- 9cm - Large
- 10cm - X-Large
- 11cm - 2X-Large

