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5 Best Wrist Wraps from a Certified Personal Trainer 2024

By [Alexandra Shimalla, ACE-certified personal trainer](#)

☒ Edited by [Marlo Jappen Porto](#)

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Wrist wraps are a lifter's secret weapon. They help stabilize the wrist, ensure proper technique, and prevent injury when [lifting weights](#). We researched a variety of wrist wraps from short to long and flexible to stiff. We also asked personal trainers for their advice.

Whether you're looking for the support needed for competitive lifting or stability in your everyday workout, one of the options on our list, including our best overall recommendation – Gymreaper's 18" Wrist Wraps – may be the right match for your needs. We also break down the benefits and which factors to keep in mind when shopping for your next pair of wrist wraps.

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Best for Heavy Lifting: [SBD Wrist Wraps »](#)[Jump to Review ↓](#)**Most Flexible:** [Bear Grips Cloth Wrist Wraps »](#)[Jump to Review ↓](#)**Best for Larger Individuals:** [TuffWraps Villain Wrist Wraps »](#)[Jump to Review ↓](#)**Best Overall****Gymreapers 18" Wrist Wraps »****PROS:**

- ✓ Approved by numerous lifting organizations
- ✓ Reinforced stitching for optimal durability
- ✓ Multiple color options

CONS:

- ✗ Only comes in an 18-inch option
- ✗ Thick thumb loop may not be for everyone

[Buy From Amazon](#)

- ✓ Reasonable price
- ✓ Lifetime return policy

The 18-inch Gymreapers wrist wrap is our best overall pick, and it's earned the praise of lifting professionals, too. It's backed by several industry organizations, including the International Powerlifting Federation, the International Powerlifting League, the United States Powerlifting Association, and USA Powerlifting. Plus, Gymreapers says this design of their wrist wraps has been tested by athletes worldwide, including world champion powerlifters, personal trainers, and International Fitness and Bodybuilding Federation athletes.

The wrist wraps come in numerous color options, including pink, navy, and camo. The wraps are made of 30% elastic and 70% polyester and include double stitching to increase durability.

Gymreapers offers a lifetime replacement policy if you purchase through their website.

The author of this piece, Alexandra Shimalla, an American Council on Exercise (ACE)-certified personal trainer, has been using these Gymreapers wrist wraps for her workouts since September 2023 and still enjoys the support they provide. Withstanding multiple days of use per week, these wraps have not begun to fray nor has the Velcro started to wear. They've also been washed numerous times and still provide exceptional support. Shimalla appreciates the thumb loop, as it helps get the wrap in the proper place and assists in securing the Velcro as tight or loose as she needs.

Specs

| | |
|---------------------|-----------------------|
| List Price: | \$19.99 |
| Material(s): | Elastic and polyester |
| Length: | 18 in. |

[Buy From Amazon »](#)

Best Budget

Rogue Wrist Wraps »



PROS:

- ✓ Budget-friendly price tag
- ✓ Multiple lengths available
- ✓ Comes in multiple colors

CONS:

- ✗ Costs more for a longer length
- ✗ Velcro can stop connecting over time

[Buy From Amazon](#)

Rogue Fitness is a popular name in the gym equipment world. This wrist wrap from the brand comes in three different sizes – 12, 18, and 24 inches – making it an appealing option for those with larger wrists or those who need greater support. The wraps are made of a blend of 40% elastic, 10%

polyester, and 50% cotton, which Rogue says absorbs moisture without irritating the skin. There are seven color options available, and the product page also provides guidelines on the best way to wear their wraps for beginner lifters.

Chris White, personal trainer and CEO of WorkoutHealthy uses Rogue Fitness wrist wraps and says they’re his go-to. He cites the balance of support and flexibility as being ideal for various exercises.

“The hook-and-loop closure is easy to adjust and provides a secure fit that stays put through all types of exercises,” says White. “They fit comfortably around my wrists, staying snug without pinching or shifting.”

Specs

| | |
|--------------|----------------------------------|
| List Price: | Starting at \$14 (12-in. length) |
| Material(s): | Elastic, polyester, and cotton |
| Length: | 12 in., 18 in., or 24 in. |

[Buy From Amazon »](#)

Best for Heavy Lifting

SBD Wrist Wraps »

**PROS:**

- ✓ Three sizes, including a large option (39.4 inches)
- ✓ Option of flexible or stiff fabric
- ✓ Same price regardless of length chosen
- ✓ Approved by multiple lifting associations

CONS:

- ✗ Higher price
- ✗ Non-standard sizing

[Buy From SBD](#)

“When it comes to heavy lifting, SBD is a brand trusted by elite athletes and powerlifters worldwide,” shares Annabel Ndinda, personal trainer and fitness expert. SBD’s wrist wraps are approved by the International Powerlifting Federation and the United States Powerlifting Association. The wraps are also compliant with USA Powerlifting regulations.

SBD offers its signature wraps in three size options: small (15.7 inches), medium (23.6 inches), and large (39.4 inches). Customers should refer to the

sizing guide on SBD’s website for help with identifying the appropriate length for their body and lifting goals.

These wraps, which only come in a red color option, include a heavy-duty thumb loop. Choose from flexible or stiff flexibilities. According to the company, the flexible option provides some wrist motion while the stiff wraps completely immobilize the wrist, which is beneficial for heavy lifters.

“Their wrist wraps are meticulously designed to withstand the rigors of intense training sessions,” says Ndinda.

The wraps have reinforced stitching, which Ndinda says makes the wraps useful for heavy squats, deadlifts, and bench presses.

Specs

| | |
|-------------|---------------------------------|
| List Price: | \$42.50 |
| Materials: | Proprietary elastic |
| Length: | 15.7 in., 23.6 in., or 39.4 in. |

[Buy From SBD »](#)

Most Flexible

Bear Grips Cloth Wrist Wraps »

**PROS:**

- ✓ Made from comfortable, breathable cotton
- ✓ Includes thumb loop
- ✓ Adjustable
- ✓ Multiple color options

CONS:

- ✗ Not meant for heavy lifting
- ✗ May be challenging to secure the first time

[Buy From Amazon](#)

Ndinda recommends the Bear Grips Cloth Wrist Wraps as a good option for people looking for flexible wraps. “These wraps offer optimal wrist stabilization without sacrificing mobility or comfort,” says Ndinda.

The Bear Grips Cloth Wrist Wraps are breathable and comfortable thanks to their primarily cotton construction. They’re available in multiple colors on both the company’s website and Amazon. However, the closure type can be confusing on the first several attempts, some users note. In addition to the thumb loop, the closure uses a lock string, which you can tighten or loosen by moving your wrist.

Customers appreciated how these wraps are lightweight and have a customizable fit. Though, many said they're not designed for heaving lifting. Instead, they're a solid choice for beginners or those who lift lighter weights.

Specs

| | |
|--------------|----------------------|
| List Price: | \$29.99 |
| Material(s): | Cotton and polyester |
| Length: | 34 in. |

[Buy From Amazon »](#)

Best for Larger Individuals

TuffWraps Villain Wrist Wraps »



PROS:

✔ Belt-loop tightening

CONS:

✗ No thumb loop

system allows for a more secure fit

✗ May be too bulky for lighter lifters

Buy From TUFF

- ✓ Double-stitched seams for added durability
- ✓ Approved by two lifting organizations

The Villain wrist wraps made from TuffWraps are the brand’s most supportive model. They’re intended for larger individuals and heavy lifters. Thick in construction, these wraps have double-stitched seams for added durability.

The Villian wrist wraps lack a thumb loop. Instead, they feature a unique belt-loop tightening system. In addition to a heavy-duty Velcro closure, the belt loop requires the wearer to weave the strap into itself for added support.

The wraps are made in the U.S. and approved by the International Powerlifting League and the United States Powerlifting Association.

The wraps are notable for their length: There are 30 inches of wrap and another four inches of Velcro. Whether your wrist demands a larger length or you want the additional security and support of multiple layers of wraps, the Villain wraps from SBD are an appealing option.

Specs

| | |
|--------------|-------------------|
| List Price: | \$34.95 |
| Material(s): | Nylon and elastic |
| Length: | 34 in. |

Buy From TUFF »

The Bottom Line

Wrist wraps offer support, protection, and stability for lifters. GymReaper's 18" Wrist Wraps are our top pick because of their versatility. They provide safety to both the average gym-goers and lifters in a competition. When picking the best wrist wrap for you, consider your lifting goals and workouts (Do you want something with flexibility or extra length for stiffness?) and consult the company's sizing guide for assistance.

Things To Consider When Buying Wrist Wraps

Materials and Stitching: Andrew White, personal trainer and co-founder of Garage Gym Pro, advises looking for wraps made from durable, breathable material, such as nylon or cotton. For reference a cotton wrap has flexibility, a leather wrap has no give, and a polyester wrap offers durability. Most wraps are made of a blend of materials to provide a mixture of durability, flexibility, and support.

The material chosen will impact the comfort and fit of the wraps, too. For example, you'll want to find a wrap that doesn't irritate your skin during a lift.

Wrap stitching is also important. Look for wraps with double-stitching for added durability.

Closure Type: The most common closure type is Velcro, which allows you to wear the wrap as tight or loose as you need for a particular lift. Another common feature is thumb loops, which help you get the product in a good place to start wrapping; they also prevent the wrap from sliding at all during a lift.

Flexibility and Support: The support and flexibility of a wrap depend on both the material makeup and the length.

"If your workouts involve more dynamic movements or you prefer less restriction, look for shorter, more flexible wraps," encourages White. "These offer support without compromising wrist mobility."

White adds that powerlifters or people who frequently lift heavier weights should consider stiffer, longer wraps for maximum support.

Some companies also offer stiff and flexible options for their wraps, making the choice easier for customers.

How We Chose the Best Wrist Wraps

Wrist stabilization is critical when lifting, especially for lifting heavy weights or for individuals with existing wrist conditions. To find the best wrist wraps, we spoke with three personal trainers:

- Andrew White, NASM-certified personal trainer and co-founder of [Garage Gym Pro](#)
- Chris Pruitt, personal trainer and CEO of [WorkoutHealthy](#)
- [Annabel Ndinda](#), personal trainer

WHY SHOULD YOU TRUST US?

[Alexandra Shimalla](#), the writer of this piece is a trained journalist with more than a decade of experience conducting research and interviewing subject matter experts. She's an ACE (American Council on Exercise)-certified personal trainer and is an athlete at heart, spending her time lifting in the gym, boxing, doing yoga, or completing obstacle course races and trail races. Shimalla personally uses wrist wraps, including our best overall pick, Gymreapers 18" Wrist Wraps. A fitness editor at 360 Reviews, [Marlo Jappen Porto](#), the editor of this piece, has covered various workout equipment including the [best kettlebells](#), [weightlifting shoes](#), and [boxing gloves](#).

FAQ

What are the benefits of wearing a wrist wrap for lifting?



How do I wear a wrist wrap?



What's a thumb loop?



How long should I wear a wrist wrap?



What's the difference between wrist wraps and weightlifting gloves?



How do I clean a wrist wrap?



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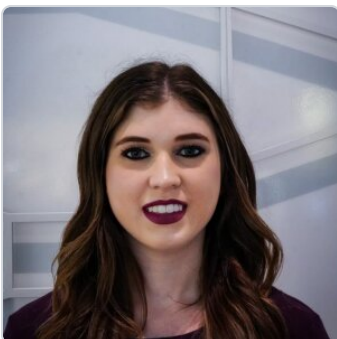


Alexandra Shimalla, ACE-certified personal trainer

Contributor

Alexandra Shimalla has been a freelance writer and a journalist for more than 10 years. An ACE-certified personal trainer, she has a passion for fitness and movement and enjoys encouraging others to exercise as well.

[Read more](#)



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Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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