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Best Boxing Gloves of 2024

By [Nicole M. LaMarco](#)



Reviewed by [Marlo Jappen Porto](#)

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Boxing gloves vary in size, weight, and intended purpose. Some are more affordable and beginner-friendly, while others are built to last with high-quality materials like genuine leather. We researched a variety of boxing gloves for beginners and pros alike, and we consulted boxing coaches for their tips and recommendations.

Whether you're looking for your first pair of boxing gloves or a serious competition-level set, we've got you covered. We've included our top picks – including our best overall recommendation, the RIVAL RS100 Professional Sparring Gloves – and detailed what to keep in mind when shopping for the best boxing gloves for your workout.

Table of Contents

[Best Boxing Gloves](#)

[Things To Consider When Buying](#)

[How We Chose](#)

[More +](#)

Our Top Picks

Best Overall: [Rival RS100 Professional Sparring Gloves](#) »

[Jump to Review](#) ↓

Best Budget: [Everlast Elite Training Gloves](#) »

[Jump to Review](#) ↓

Best for Beginners: [Venum Elite Boxing Gloves](#) »

[Jump to Review ↓](#)**Best for Heavy Bag:** [Everlast Elite 2 Pro Training Gloves »](#)[Jump to Review ↓](#)**Best for Sparring:** [Ringside Apex Flash Sparring Gloves »](#)[Jump to Review ↓](#)**Best for Competing:** [Sting IBA Competition Boxing Gloves »](#)[Jump to Review ↓](#)**Best for Training:** [Hayabusa T3 Boxing Gloves »](#)[Jump to Review ↓](#)

Best Overall

Rival RS100 Professional Sparring Gloves »



PROS:

✓ Ergonomic design is

CONS:

✗ Can be very stiff before

comfortable

broken in

Buy From Amazon

✓ Padded wrist support for comfort

✗ May not be affordable for some budgets

✓ Breathable mesh palm

The Rival RS100 Professional Sparring Gloves feature padded wrist support, breathable mesh on the palm, and an overall ergonomic design, making them a comfortable pick. Though they can feel stiff initially, that'll pass once the materials have broken in. These gloves feature handcrafted microfiber polyurethane (PU), layered foam padding, and a soft cloth lining. The design also includes an angled lace track system, with special attention to detail at the wrist to ensure proper and supportive securing.

This glove should be a dependable fit for beginners and pros alike. It's available in five bold colors and three weights.

Specs

List Price:	\$204.95
Material:	Microfiber PU
Weight(s):	14 ozs, 16 ozs, 18 ozs

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Best Budget

Everlast Elite Training Gloves »

**PROS:**

- ✓ Very affordable
- ✓ One-piece design for ideal fist placement
- ✓ Antimicrobial treatment

CONS:

- ✗ Better for bag work than sparring (despite being labeled as sparring gloves)
- ✗ Best for boxers under 120 pounds

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The Everlast Elite Training Gloves are an incredibly affordable option for boxing gloves, priced around \$50. The gloves use synthetic leather, which is a smart choice given the affordable price range. They feature a one-piece design, a reinforced wrist for improved ergonomics, and a mesh palm for ventilation.

Available in four sizes starting at 8 ounces, these gloves are a great option for boxers who weigh less than 120 pounds. These gloves are more fitting for bag work than sparring, but make a great budget option for novice boxers.

Specs

List Price:	\$54.99
Material:	Synthetic leather
Weight(s):	8 ozs, 12 ozs, 14 ozs, 16 ozs

[Buy From Amazon »](#)

Best for Beginners

Venum Elite Boxing Gloves »



PROS:

- ✓ Ample padding for max shock absorption
- ✓ Attached thumb for safety

CONS:

- ✗ Thick padding may not be ideal for advanced bag work

- ✓ Comes in lightweight sizes
- ✓ Easy to put on and take off
- ✓ Durable semi-leather construction

✗ Some say ventilation could be better

[Buy From Amazon](#)

The Venum Elite Boxing Gloves offer comfortable triple-density foam padding, making them an ideal pick for beginners. Other safety features include a reinforced palm for shock absorption, an attached thumb to prevent injuries, and an extended cuff to protect the wrists.

Designed with a large Velcro enclosure with elastic, the Elite Boxing Gloves are easy to put on and take off. Though they’re more reasonably priced than other options, this set, which is handmade in Thailand, doesn’t skimp when it comes to quality. It has a semi-leather construction with a mesh panel to boost breathability. There’s also reinforced seams to promote durability.

These gloves come in five sizes, including 8- and 10-ounce options, which are suitable for lighter-weight boxers.

Specs

List Price:	Starting at \$89.99 (8-oz option)
Material:	Semi-leather
Weight(s):	8 ozs, 10 ozs, 12 ozs, 14 ozs, 16 ozs

[Buy From Amazon »](#)

Best for Heavy Bag

Everlast Elite 2 Pro Training Gloves »

**PROS:**

- ✓ Durable materials
- ✓ Five layers of foam for shock absorption
- ✓ Wrist and thumb protection
- ✓ Strap system provides secure fit

CONS:

- ✗ May not work for some budgets
- ✗ Bulkier than other options

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The Everlast Elite 2 Pro Training Gloves are a high-quality, durable pair of gloves made with microfiber PU and five layers of inner foam to absorb high-level impact. These gloves were designed with durability, ergonomics, and safety in mind, all desirable qualities for heavy bag work.

The Elite 2 gloves protect thumbs and wrists. The glove has an attached thumb for injury prevention, and there's an ergonomically correct foam grip bar. A split-style foam combination supports the wrist to prevent it from bending in the wrong direction upon impact.

For style, comfort, and ventilation, the gloves come in three colors, have punched air ventilation holes, and feature a 1.5 strap system – which includes a non-adjustable inner elastic and an adjustable outer strap for a secure fit.

Specs

List Price:	\$159.99
Material:	Microfiber PU
Weight(s):	12 ozs, 14 ozs, 16 ozs

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Best for Sparring

Ringside Apex Flash Sparring Gloves »



PROS:

CONS:

protection

sizes

- ✓

Moisture-wicking interior
- ✓

Hook-and-loop closure for a secure fit
- ✓

Attached thumb
- ✗

18-ounce option costs more

Buy From Amazon

Since sparring – a controlled “practice” fight – takes two, you’ll want gloves with significant padding to protect both you and your partner. These Ringside Apex Flash Sparring Gloves, which have 2 1/4 inches of shock-absorbing foam padding, fits the bill. There’s a full, wrap-around hook-and-loop closure for a secure fit and an attached thumb for safety.

Made of durable synthetic leather, these gloves are built to withstand intense training sessions. A mesh interior design allows for ventilation when you work up a sweat, and the open-palm design of this glove promotes dexterity. This pair comes in three sizes.

Specs

List Price:	Starting at \$69.99 (14-oz option)
Material:	Synthetic leather
Weight(s):	14 ozs, 16 ozs, 18 ozs

Buy From Amazon »

Best for Competing

Sting IBA Competition Boxing Gloves »

**PROS:**

- ✓ Endorsed and approved by the International Boxing Association
- ✓ Consistent weight distribution
- ✓ 3-inch wrist strap for a secure fit

CONS:

- ✗ Just two size options
- ✗ Only available in two colors

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The Sting IBA gloves withstood testing – including more than 10,000 strikes – to ensure that they hold up against the toughest training sessions and competitions. This rigorous testing process is one part of a very thorough design and testing process that earned these gloves' approval and endorsement from the International Boxing Association (IBA). Notably, these gloves fully comply with the IBA's strict competition requirements.

In addition, the Sting IBA gloves feature a consistent weight distribution across the glove for balanced performance and enhanced striking ability.

These gloves fit securely thanks to a 3-inch wide wrist strap. They're available in two size options: 10 ounces or 12 ounces.

Specs

List Price:	\$160
Material:	Leather
Weight(s):	10 ozs, 12 ozs

[Buy From Amazon »](#)

Best for Training

Hayabusa T3 Boxing Gloves »



PROS:

✓ Very durable

CONS:

✗ Strap may initially be difficult to secure by yourself

- ✓ Dual-X interlocking wrist strap provides support
 - ✓ Splinted support keeps wrist aligned
 - ✓ Microfiber thumb allows you to wipe away sweat
 - ✓ Five sizes
- ✗ May feel tight at first

[Buy From Amazon](#)

The Hayabusa T3 Boxing Gloves consist of a durable material called Vylar, which is an engineered leather. Both the dual-X interlocking wrist strap and splinting system secure and support the wrist. The glove's thumb, made of microfiber, allows you to wipe away sweat, and the glove's soft, temperature-regulating interior fabric helps keep you cool during long training sessions. There are also multiple layers of foam to protect your knuckles and absorb impact.

With five sizes available, these gloves should fit most boxers. For those who are training – whether solo or as part of a class – having many sizes available is incredibly important. These gloves also come in a generous offering of colors, including metallics, neons, and jewel-toned hues.

All in all, the durability and longevity of these gloves are smart features for those who train hard or often.

Specs

List Price:	\$159
Material:	Vylar
Weight(s):	10 ozs, 12ozs, 14ozs, 16 ozs, 18 ozs

[Buy From Amazon »](#)

The Bottom Line

We chose the Rival RS100 Professional Sparring Glove as our top pick because its ergonomic design and wrist support can work for a lot of users. However, one boxer may have a different budget, goal, or need than another. Hand size and weight are key factors. So no matter your choice, we advise you to read the size chart specific to the gloves you're buying to ensure the right fit.

Things To Consider When Buying Boxing Gloves

Sizes/Weights: According to Ray Montalvo, USA Boxing National Coach and co-founder of Squared Circle Retreats, you should choose a glove appropriate for your weight and hand size. For sizing, consult a size chart provided by the manufacturer. Most size charts reference your hand circumference, which is measured using the widest part of your hand. To get this measurement, wrap a fabric measuring tape around the knuckles and take the measurement in inches or centimeters. Then, consult the sizing chart for the appropriate size of the glove. If you don't have a measuring tape, you can wrap a string around your hand and mark it with a marker. Then measure the string with a ruler or tape measure. A similar chart is also typically provided for choosing a glove weight and references your body weight in pounds or kilograms.

Materials and Durability: The durability and lifespan of the gloves themselves will depend on the material. Boxing gloves are intended to impact other objects, such as hitting bags, and the material will wear over time. This means durability is incredibly important to maintain the comfort, safe use, and longevity of the glove. Real leather, synthetic leather, and neoprene are all options for glove material. Other options are out there as well, but those remain the most common. Montalvo suggests opting for high-quality materials, such as genuine leather, for increased durability. Of course, it depends on your budget and skill level – beginner boxers may not need top-quality leather gloves for their first pair.

Padding: The padding within boxing gloves should protect your hands and ensure a sturdy shape for the glove. Most boxing gloves have four layers of padding in them, made of foams with varying density. Typically, the innermost layer would be the densest, allowing for heavier gloves without unnecessary bulk. Montalvo advises looking for gloves with supportive padding to sufficiently protect hands and knuckles. A lack of padding could lead to injury of the hands or knuckles.

Wrist Support: You can secure gloves with a lace-up closure or a hook-and-loop closure, and there are many options for each. Hook-and-loop straps are much easier to close yourself, as opposed to trying to lace it up with one hand. Alternatively, hook-and-loop straps are sometimes too long for those with smaller wrists and can snag. Some higher-quality gloves with these types of closures offer a custom strap length to rectify this issue. Regardless of the chosen closure, boxers should ensure the gloves offer adequate wrist support to prevent injuries.

How We Chose the Best Boxing Gloves

When considering the best boxing gloves, we keep protection and support in mind. We consulted two boxing experts:

- Ray Montalvo, USA Boxing National Coach and co-founder of [Squared Circle Retreats](#)
- Chris Gerhardt, director of product and master coach at [TITLE Boxing Club](#), has more than 20 years of mixed martial arts (MMA) experience and is an American Council on Exercise (ACE)-certified personal trainer

WHY SHOULD YOU TRUST US?

[Nicole M. LaMarco](#), the author of this piece, has been researching, writing, and editing content in the health and commerce space since 2004. She has tested a wide range of fitness products and understands the need for high-quality equipment that holds up over time and supports you while you're training. A martial arts enthusiast, LaMarco has a first-degree black belt in Taekwondo. Her work can be in various publications, including Yahoo, Shape, Health, and Forbes.

FAQ

What size boxing glove should I get?



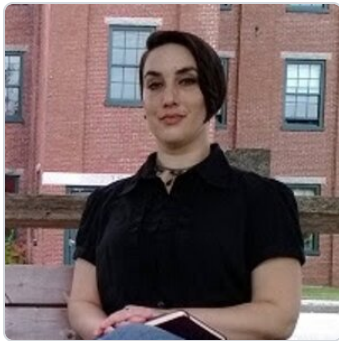
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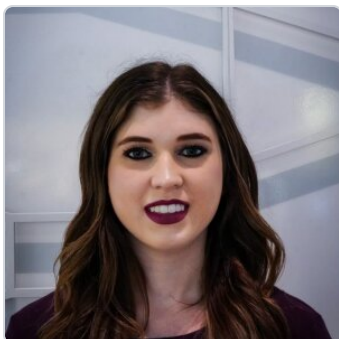
Nicole M. LaMarco

Contributor



Nicole M. LaMarco has been a freelance writer since 2004, focusing on health and wellness. She enjoys martial arts and has a first-degree black belt in Taekwondo. LaMarco has contributed to various publications, including Yahoo, Shape, Health, and Forbes.

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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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