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6 Best Weight Lifting Gloves of 2024

By [Alyssa Sparacino, ACE-certified personal trainer](#)

✓ Edited by [Marlo Jappen Porto](#)

Updated: July 20, 2024



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Lifting weights doesn't just work your muscles. It can put stress on your wrists and hands, too, and that's why many lifters opt to wear weight lifting gloves for protection during workouts. Weight lifting gloves are helpful for beginners and advanced lifters alike. They give you a more secure grip on all kinds of weights including barbells, kettlebells, and dumbbells. They can also provide wrist support to limit the risk of injury, as well as calluses and blisters.

The Nike Premium Fitness Gloves are our pick for the best overall weight lifting gloves. These gloves, which come recommended by both expert trainers we spoke with, offer a comfortable fit, a strong grip, and optimal breathability. In addition to this pair, we cover other options to suit a range of athletes.

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Best Overall

Nike Premium Fitness Gloves »



PROS:

- ✓ Breathable
- ✓ Wrist support

CONS:

- ✗ Not heavy-duty
- ✗ Snug fit

[Buy Men's From Amazon](#)

- ✓ Integrated foam for palm protection
- ✓ Pull tab for easy on/off

Buy Women's From Amazon

Both of the trainers we spoke to for this piece recommend these Nike Premium Fitness Gloves as a solid choice for both new and advanced lifters alike. “They are both durable and breathable and provide great palm projection,” says Kelvin Gary, certified trainer and owner of Body Space Fitness in New York, New York. If you’re looking for a workout glove that meets the demands of your training and don’t need the durability of more expensive gloves on the market, these Nike gloves are a great entry-point option that performs well.

Available in men’s and women’s sizes, they feature a pull tab, making it easy to put these gloves on and take them off. The breathable mesh material on the back allows for ventilation for a more comfortable (and less sweaty!) lifting session. Plus, high-density foam protects your palms, and a Velcro strap supports your wrist – a key feature if you often do movements such as the snatch, which requires a lot of wrist flexion and extension.

Specs

List Price:	Starting at \$31.98
Material(s):	Polyester, nylon, polyurethane, ethylene-vinyl acetate (EVA), and spandex
Sizes:	XS-XL
Fingerless:	Yes

Buy Men's From Amazon »

Best Budget

Ihuan Ventilated Weight Lifting Gloves »



PROS:

- ✓ Affordable
- ✓ Well-ventilated
- ✓ Full-palm protection

CONS:

- ✗ Extra-grippy palm isn't suitable for all workouts
- ✗ Velcro can become less secure over time

[Buy From Amazon](#)

Costing less than \$20, these Ihuan Ventilated Weight Lifting Gloves are a steal. But, they also stand out for their breathability. The mesh design on the back of the hand offers premium ventilation so that even as your heart rate and body temperature climb, your hands will feel cool. This breathability doesn't just translate to comfort but also limits the odor caused by trapped sweat, so you'll be able to reduce the number of washes for improved durability and shelf life.

Beyond the appealing price tag and sweat-drying features, these Ihuan gloves have a Velcro wrist strap for extra support and a grip design that covers your entire palm. This is unique because many weight lifting gloves have grips that are interspersed throughout the palm, which leaves some areas vulnerable to friction. If you need optimal flexibility, however, the full-palm style may not be best for you. But if you’re looking for extra wrist protection, this full-coverage support can be appealing, especially for the budget-friendly price. (They’re also available in a [full-finger version](#).)

Specs

List Price:	Starting at \$19.98
Material(s):	Faux leather
Sizes:	XS-XXL
Fingerless:	Yes

[Buy From Amazon »](#)

Best Heavy-Duty

Grip Power Pads Elite Leather Gym Gloves »

**PROS:**

- ✓ Durable leather construction
- ✓ Wrist support
- ✓ Easy on/off pull tabs
- ✓ Padded insulation

CONS:

- ✗ Bulky
- ✗ Lacks breathability

[Buy From Amazon](#)

Weight lifting gloves range from “barely there” to surprisingly substantial, and these Grip Power Pads Elite Leather Gym Gloves fall into the latter camp. Durability is the key feature of these gloves thanks to the leather construction, strong stitching, and thick wrist wrap.

These heavy-duty weight lifting gloves have a rubber palm design, meaning your hands will be protected from calluses, blisters, and scrapes. They also feature a 2-inch-thick Velcro [wrist wrap](#) to keep your wrists aligned no matter what barbell, kettlebell, or plate you’re lifting. Available in XS to XXXL, you’re bound to find the right size for a comfortable fit.

Specs

List Price:	\$54.95
Material(s):	Leather and Velcro
Sizes:	XS-XXXL
Fingerless:	Yes

[Buy From Amazon »](#)

Best for Wrist Support

Harbinger Pro Wrist Wrap Gloves 2.0 »



- PROS:**

 - ✔ Built-in wrist wrap for support
- CONS:**

 - ✗ May run small
 - ✗ Lack durability

- ✓ Adjustable hook-and-loop fastener for secure fit
- ✓ Four-way stretch for full range of motion
- ✓ Perforated palm for enhanced breathability
- ✓ Pull tabs for easy on/off

Buy From Amazon

Flexibility and breathability often come at the price of stability but not in the case of these Harbinger Pro Wrist Wrap Gloves 2.0. The integrated wrist wrap, which keeps your wrist stable and supported during heavy lifts, is adjustable so you can achieve the most comfortable fit.

These gloves are backed by experts. “If you're looking for great value, I'd suggest Harbinger weight lifting gloves,” says Blake Holman, certified personal trainer and fitness coach. “They're tough, offer a solid grip, and provide great wrist support, so you’re covered whether you're lifting heavy or doing functional training.”

Customers say they appreciate the breathable, lightweight feel of these gloves. The palms are designed with perforations to boost airflow. Additionally, these gloves feature four-way stretch fabric on the back of the hand for flexibility.

Specs

List Price:	\$27.99
Material(s):	Polyester, cotton, leather, nylon, and spandex
Sizes:	S-XL
Fingerless:	Yes

Buy From Amazon »

Best for Grip

Trideer Padded Workout Gloves »



PROS:

- ✓ Strong yet flexible grip design
- ✓ Breathable
- ✓ Versatile

CONS:

- ✗ Not available in extended sizes
- ✗ May run small

[Buy From Amazon](#)

The Trideer Padded Workout Gloves strike the right balance between grip and flexibility. There's a cushion covering the entire palm to create a barrier between you and the [pull-up bar](#) or weight. Plus, the brand uses antiskid hexagonal silica gel on the gloves for optimal grip.

The gloves are made with ultralight microfiber and breathable mesh so your hands won't get slippery with sweat. The thick wrist strap helps prevent

injuries and provides stability even for your toughest weight lifting sessions.

Specs

List Price:	\$29.99
Material(s):	Microfiber and leather
Sizes:	XS-XL
Fingerless:	Yes

[Buy From Amazon »](#)

Most Lightweight and Flexible

Bionic Beastmode Full-Finger Fitness Gloves »



PROS:	CONS:
✓ Flexible fabric	✗ Full-fingered style

- ✓

Tapered finger design for comfortable fit
- ✓

Cooling material for breathability
- ✓

Touch-screen technology
- ✗

not always preferred
- ✗

Touch-screen ability may be unreliable

Buy Men's From Amazon

Buy Women's From Amazon

Despite being a full-fingered design with wrist support, these Bionic Beastmode Full-Finger Fitness Gloves don’t feel bulky. The seams are placed at multiple flexion points in the fingers to allow fluid movement so you can easily maneuver any complex lift.

A trademarked cooling material allows for ventilation to keep hands cool and comfortable instead of clammy. What’s also notable is that every Bionic glove is designed by an orthopedic hand surgeon who’s well versed in anatomical movement patterns, injury prevention, and proper fit. Additionally, the gloves feature protective wrist support and extra padding on the thumbs to improve grip when picking up [dumbbells](#) or [kettlebells](#).

Specs

List Price:	\$44.99
Material(s):	Polyester, nylon, polyurethane, EVA, and spandex
Sizes:	XS-XL
Fingerless:	No

[Buy Men's From Amazon »](#)

The Bottom Line

Finding the right pair of weight lifting gloves depends on what matters most to you. Keep in mind your budget and how often you train. When in doubt, know that “gloves should enhance your natural grip and provide extra support without forcing an awkward position,” according to Holman. He adds, “The right pair can help you maintain form and ensure safe lifting.”

We chose the Nike Premium Fitness Gloves as the best overall weight lifting gloves because they’re recommended by fitness experts for their support and breathability.

Things To Consider When Buying Weight Lifting Gloves

Size and Fit: It may seem obvious, but choosing the appropriate size of weight lifting gloves is critical to comfort and performance. Just think about how a too-tight glove could restrict your movement or a loose-in-the-wrong-places glove could bunch up midway through lifting something heavy. Look to see if the weight lifting gloves you’re eyeing are unisex or come in men’s and women’s styles specifically. Then, make sure to consult the manufacturer’s size guide, as sizing can vary between brands.

Simply put, “Look for gloves that fit snugly but feel comfortable,” says Holman. The type of lifting you’re doing might make a difference, too. Functional strength training, which mimics dynamic movements that you do in everyday life, may benefit from flexible gloves that move with you, whereas traditional heavy lifting, such as with a barbell or using squat racks, may benefit from a stiffer glove, he says. For example, “powerlifters usually prefer gloves with wrist support for heavy lifts, while people who love kettlebells may opt for gloves designed for flexibility and grip,” he adds.

Fingerless vs. Full-Fingered: Generally speaking, fingerless weight lifting gloves offer a more natural grip simply because they allow your fingertips to make contact

with the weight and tend to be more flexible, explains Holman. “I personally always want some bare-skin contact with the bar or dumbbell, so I always recommend fingerless gloves,” adds Gary. Fingerless gloves may offer more ventilation to keep your hands feeling cool rather than sweaty. Lastly, if you have larger hands or long fingers, fingerless gloves may be easier to find and be more comfortable.

That said, full-hand weight lifting gloves offer complete protection, which some people may prefer. If your hands are already callused or have blisters, a full-fingered option may put you at ease and allow for more natural movement during workouts.

Wrist Protection: “Gloves can help regardless of how heavy you're lifting, especially if you want better grip or comfort,” explains Holman. While all weight lifting gloves can protect the delicate skin on your hands from friction blisters, you'll need gloves that offer more support as you move up in weight and begin to lift heavier.

“Load does play a role,” he says. “For heavier weights, wrist support becomes more important, which some gloves provide.” With heavier load comes a greater risk for injury. Prior injuries and certain movements (e.g., the clean and jerk or the snatch) can also make you more susceptible to wrist injuries.

Weight lifting gloves with wrist support often have a thick band of fabric or leather that can be wrapped around the wrist once your gloves are on and secured with Velcro or something similar. This also allows you to make the fit as loose or snug as you'd like.

Breathability and Durability: When buying weight lifting gloves, consider the type of training you do and the duration of those workouts, says Gary. “If you're going to be working for a long time, durability and breathability are important.”

The design and materials used to construct weight lifting gloves will determine their breathability. “Go for breathable, sweat-resistant fabrics that match your grip,” says Holman. Cotton and leather will hold heat in, while perforated nylon or polyester can encourage ventilation. Opting for fingerless gloves also keeps your hands cool, while some styles have an open-back design that exposes bare skin where you don't need as much coverage.

The design and fabrics used to make weight lifting gloves also affect their durability. Ventilation helps prevent sweaty, smelly gloves, and therefore you may be able to get away with washing your gloves less frequently. This, in turn, may extend their life, as

repeated cycles in the washing machine can eventually degrade the material and seams. Consider your budget and expectations for the lifespan of your weight lifting gloves. Pricier gloves may be more of an investment now but require less replacement later, whereas more affordable gloves may offer the lightweight fit you want but need to be replaced more often.

Grip: “Different training styles often require different gloves,” says Holman. “Powerlifters usually prefer gloves with wrist support for heavy lifts, while people who love kettlebells may opt for gloves designed for flexibility and grip.” Most weight lifting gloves have some added grip design on the palm, but some also have grip patterns along the inside of the fingers.

How much coverage you want depends on how much extra grip strength you need. This is determined based on fitness level, experience with certain lifts, the weight of the load, and the style of training. Do you want a weight lifting glove that has minimal grip pads placed only where you need them the most, like where the palm meets the base of the fingers? Or do you want full coverage with a grip design that takes up the entire palm and features a thick layer of padding? Beyond training style, comfort and personal preference will also come into play.

How We Chose the Best Weight Lifting Gloves

Comfort and risk prevention are key to safety but also performance. To compile this list of the best weight lifting gloves, we spoke with Blake Holman, a private certified fitness trainer based in New York City, New York, with more than a decade of experience working with clients. As the founder of [Blake Holman Fitness](#), he offers tailored coaching with a focus on safe and effective exercise techniques and sustainable health habits. We also tapped the expertise of Kelvin Gary, a National Academy of Sports Medicine (NASM) certified personal trainer and performance enhancement specialist. Gary is also a certified functional strength coach, a kettlebell expert, and the owner of [Body Space Fitness](#), a gym and private training studio in New York City, New York. Both of these experts are specifically qualified to speak to strength training and weight lifting and have worked in the industry for many years. Along with expert insight, we reviewed customer feedback and available

information from the various manufacturers to find the weight lifting gloves with the protection, grip, stability, and fit that'll work for any training style.

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[Alyssa Sparacino](#), the author of this piece, has been an American Council on Exercise (ACE) certified personal trainer since 2015 and has worked as an editor and writer for various health and fitness publications for more than 13 years. She regularly tests fitness and outdoor gear and lifts weights as part of her exercise routine. [Marlo Jappen Porto](#), the editor of this piece, covers fitness as a home goods editor at 360 Reviews. She has edited reviews on various health and wellness products including [swim goggles](#), [boxing gloves](#), and [running socks](#).

FAQ

What are the benefits of wearing weight lifting gloves?



Are gloves or wraps better for weight lifting?



How do I clean weight lifting gloves?



About Our Team



Alyssa Sparacino, ACE-certified personal trainer

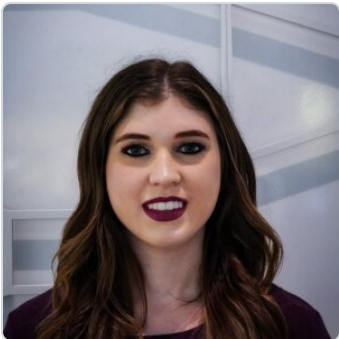
Contributor



Alyssa Sparacino is an ACE (American Council on Exercise)-certified personal trainer and a health and fitness journalist with more than 13 years of experience. She has held staff positions at national publications, including Health and Shape, and has

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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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