

Neoprene Weight Lifting Gloves

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When you're lifting heavier weights, you need a pair of weight lifting gloves.

For pulling exercises, the gloves give you extra grip strength, which increases the amount of weight you can move.

For pushing exercises, a good pair of gloves will add support and padding, making it more comfortable to handle the bigger weights.

My recommendation is a pair of neoprene weight lifting gloves from NewGrip.com

The New Grip glove provides support for pushing exercises and extra strength for pulling exercises.

Plus, they're incredibly easy to slip on and off. Unlike gloves, where you squeeze your fingers through the glove, the New Grips are, essentially, a big flap of heavy neoprene with a easy-to-use strap for your fingers on the back. This way you can slip your hands in and out of the gloves easily, and air out your hands.

In regular weight lifting gloves, your palms can get pretty sweaty, and, once that happens, slipping the gloves on and off to cool or dry your hands becomes harder and harder. With New Grip gloves, you don't have that problem.

Also, many gloves don't provide adequate pulling support, since all they are is a padded glove.

But the NewGrip weight lifting glove is almost like a cross between a glove and a weight lifting strap. With a single "flap" of neoprene, it acts more like a lifting strap or lifting hook, giving you extra pulling power.