

Boxing Gloves

[Boxing gloves](#) are an important piece of equipment for boxers. They provide protection for both the fighter's hand and opponent face. They are usually made of leather or synthetic materials, they absorb the impact of the punch and reduce the risk of injury. With heavier gloves used for training and lighter gloves for competition. The padding and wrist support in boxing gloves also help to prevent hand and wrist injuries allowing boxers to hit punches with confidence and precision.