

GIFT GUIDE

PROTECT YOURSELF AT ALL TIMES

It is always better to give damage rather than receive, but you best prepare for both

TRX FORCE KIT TACTICAL ↻

\$250

The latest suspension training system from TRX, now with olive-drab colorway and an updated workout program trxtraining.com

VENUM GREEN ↻ VIPER HEADGEAR

\$80

Snappy green scales either say "tough guy" or "hit me here." Keep your hands up. venumfight.com

TRIUMPH UNITED FOCUS MITT ↻

\$89.99

Let someone else throw hands for a change with a pair of 100-percent leather focus pads. triumphunited.com

↻ HAYABUSA IKUSA THAI PADS

\$150

Next-gen construction featured in an old-school concept hayabusafight.com

SHOCK DOCTOR ↻ CUSTOM MOUTHGUARD

\$150

Your parents paid a lot of dough to keep your teeth straight. Invest a little on your own to keep them that way. shockdoctor.com

↻ BAD BOY HAND WRAP 3-PACK

\$30

Three pairs of 180-inch wraps, plus you get a wash bag to keep them from tangling in the spin cycle badboy.com

JACO GUARDIAN ↻ PROTECTIVE CUP SYSTEM

\$40

Much like a handgun, better to have protection and not need it...you know where we're going with this. jacoclothing.com

↻ ELEVATION TRAINING MASK 2.0

\$80

Take your training and your sadomasochism, to new heights with this oxygen-restricting device. trainingmask.com