



# Recommended Gear List

MPowered for Women is an Amazon Affiliate. All purchase links are subject to availability with suppliers. If our recommended option is not available, we invite you to search for similar items that meet your budget and training needs.

# Amazon USA

## **Focus Mitts** - Entry Level

[Valleycomfy Boxing Pads](#)  
[Fiving Boxing Pads](#)

## **Focus Mitts** - Mid Level

[RDX Boxing Pads](#)  
[Sanabul Essential Curved Pads](#)

## **Focus Mitts** - High Level

[Fairtex Contoured Focus Mitts](#)  
[Hayabusa Focus Mitts](#)

## **Knee Pads** - Entry Level

[Hueglo Protective Knee Pads](#)  
[ONTYZZ Knee Pads](#)

## **Knee Pads** - Mid Level

[Hirui Knee Pads](#)  
[Nike Essentials Knee Pads](#)



# Amazon USA

## **Knee Pads - High Level**

[Contender Fight Sports Jel Striking Knee Guards](#)

## **Elbow Pads - Entry Level**

[Arm Brace Elbow Protector](#)

## **Elbow Pads - Mid Level**

[RDX Elbow Pads](#)

[TTIO Elbow Pads](#)

## **Elbow Pads - High Level**

[G-Form Pro Rugged Elbow Guards](#)

[G-Form Pro X3 Elbow Guards](#)

## **Thai Arm Pads - Entry Level**

[TLBTEK Kick Shield](#)

[Elite Sports Kick Shield](#)

## **Thai Arm Pads - Mid Level**

[RDX Thai Pads](#)

[Combat Sports Thai Pads](#)



# Amazon USA

## **Thai Arm Pads - High Level**

[Fairtex Muay Thai Lightweight Pad](#)  
[Fairtex Superior Leather](#)

## **Kick Shield - Entry Level**

[Hikeen Football Blocking Pad](#)  
[Blocking Shield Pad](#)

## **Kick Shield - Mid Level**

[MaxMMA Kick Shield](#)  
[Farabi Sports Kick Shield](#)

## **Kick Shield - High Level**

[Meister Armor Strike Shield](#)



# Amazon Canada

## **Focus Mitts - Entry Level**

[Hawk Sports Punching Mitts](#)

[2-in-1 Punching Mitts](#)

[Xnature Boxing Pads](#)

## **Focus Mitts - Mid Level**

[RDX Boxing Pads](#)

[Sanabul Curved Boxing Mitts](#)

[Boxing Pads Curved Mitts](#)

## **Focus Mitts - High Level**

[Hayabusa PTS 3 Focus Mitts](#)

[Ringside Apex Punch Mitts](#)

[RDX Focus Mitts](#)

## **Knee Pads - All Levels**

[Yeekoro Knee Pads](#)

[Bodyprox Knee Pads](#)

[RDX Knee Pads](#)

## **Elbow Pads - All Levels**

[RDX Pro Elbow Pads](#)

[Ju-Sports Elbow Pads](#)

[Fairtex Elastic Elbow Pads](#)



# Amazon Canada

## **Thai Arm Pads - Entry Level**

[Everlast Muay Thai Pad](#)  
[2-in-1 Punching Mitts and Pad Set](#)

## **Thai Arm Pads - Mid Level**

[RDX Muay Thai Strike Shield](#)  
[RDX MMA Strike Shield](#)

## **Thai Arm Pads - High Level**

[Fairtex Muay Thai Lightweight Pads](#)

## **Kickshield - Entry Level**

[Everlast Strike Shield](#)  
[Soozier Kick Shield](#)

## **Kickshield - Mid Level**

[RDX Kick Shield](#)  
[GoSports Blocking Pad](#)

## **Kickshield - High Level**

[MOOTO Multipower Shield](#)

