

ABSTRACT

Recently in the city of Bekasi sports activities such as fitness, boxing, Muay thai, boxfit, etc., are experiencing an increase in terms of followers or enthusiasts and from there new gyms and gyms have started to emerge which focus their programs not only on athletes but also provide the facilities that qualified for hobbyists and the wider community who just want to exercise, the facilities that are often found in GYM or gyms are dumbbells, bags, pads, hand wraps, boxing gloves, and others. Handwrap is an important tool to use when doing Combat sports such as Muay thai, boxing, MMA, and others, because handwrap functions as protection for wrists and knuckles to avoid serious injuries. roll it by hand slowly until it returns to a roll shape, at the GYM strike training camp located on Jln. Pulo sirih no 7 Bekasi, West Java, has a unique facility, namely a handwrap roller which is not commonly found in other GYM's, but the handwrap roller in the Strike training camp is in poor condition, therefore this redesign aims to produce rollers Adequate handwrap that makes it easy for users to use the tool, the aspects that are considered in this redesign process are aspects of functionality, portability, and ease of use, so that visitors or users feel comfortable practicing at the strike training camp.

Keyword : *Gym, Muay Thai, Handwrap*