

## Sizing



### FOREARM

With your arm slightly flexed, measure the fullest part of your forearm, typically midway between your wrist and elbow.



SIZE	S	M	L	XL
Measure around elbow	20-24 cm 8-9.5"	24-28 cm 9.5-11"	28-30 cm 11-12"	30-36 cm 12-14"