

Size

Forearm circumference:
(just below elbow)

S

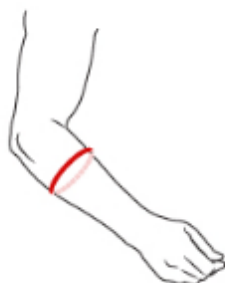
8-9.5"

M

9.5-11"

L

11-12"


FOREARM

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