

Sizing



FOREARM

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



SIZE

Measure around elbow

S

M

L

XL

20-24 cm
8-9.5"

24-28 cm
9.5-11"

28-30 cm
11-12"

30-36 cm
12-14"