

Knee Protection

Keep your knee slightly bent. Measure your thigh about 10 cm above your knee. You measure the calf at the place with the largest circumference.

SIZE	SMALL	MEDIUM	LARGE	X-LARGE
THIGH	33-38cm	38-43cm	43-48cm	48-53cm
CALF	30-35cm	35-40cm	40-46cm	46-52cm

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Elbow Protection

Keep your elbow slightly relaxed. You measure the biceps about 8 cm above the elbow, the forearm at the point with the largest circumference.

SIZE	SMALL	MEDIUM	LARGE	X-LARGE
BICEP	23-28cm	28-33cm	33-38cm	38-43cm
FOREARM	20-23cm	23-25cm	25-28cm	28-31cm

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