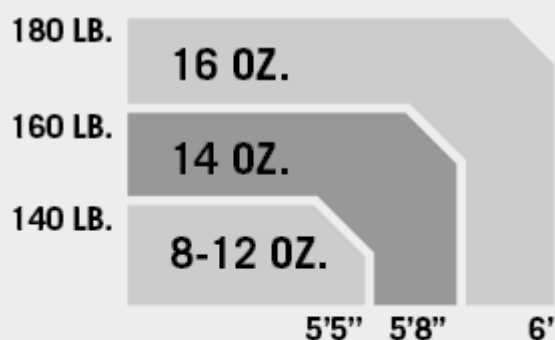


SELECTING A GLOVE SIZE:

Use the following chart to estimate a glove weight that will properly fit your hand size in most cases.



SELECTING AN ELITE TRAINING GLOVE SIZE:

Use the following chart to estimate an Elite training glove size that will properly fit your hand size in most cases. Each glove has extra padding for sparring use.



SELECTING A FIGHT GLOVE SIZE

SIZE	WEIGHT
8 OZ.	146 LBS. & UNDER
10 OZ. & 10 OZ. LXL	147 LBS. & OVER



SELECTING AN MMA TRAINING GLOVE SIZE:

User should measure the circumference around their palm across the knuckles.

SIZE	HAND SIZE
S/M	8" & UNDER
L/XL	8" & MORE



SELECTING AN MMA AMATEUR FIGHT GLOVE SIZE:

User should measure the circumference around their palm across the knuckles.

SIZE	HAND SIZE
S/M	8" & UNDER
L/XL	8" & MORE



SELECTING AN MMA PRO FIGHT GLOVE SIZE:

User should measure the circumference around their palm across the knuckles.

SIZE	HAND SIZE
XS	7" & UNDER
S	7"-7.5"
M	7.5"-8"
L	8"-9"
XL	9"-10"
XXL	10" & MORE



*Increase a size for hand wrap use.

SELECTING AN EVERGEL HAND WRAP:

With a measuring tape, Measure the circumference around your palm, across the knuckles.

		MEN'S SIZE	WOMEN'S SIZE*	
HAND SIZE	Up to 7"	X	M	
	7 - 7.5"	M	M-L	
	7.5 - 8"	M-L	L	
	8 - 9"	L	X	
	9 - 10"	XL	X	

*SIZING FOR THE EVERGEL HAND WRAPS IN PINK ONLY