

GLOVE SIZE GUIDE

* Measurement to be taken flat across the middle of the palm in centimetres.

GLOVE SIZE*	XXS	XS	S	M	L	XL	XXL
ADULT	7.9 cm	8.3cm	8.7cm	9cm	9.5cm	9.9cm	10.3cm
YOUTH	6.9 cm	7.3cm	7.7cm	8.1cm	8.5cm		
LIL FISTS			5.9cm	6.3cm	6.7cm		

PLEASE NOTE: This sizing guide is simply that, a guide. Due to the nature that no two hands are the same, FIST have provided the simplest measurement which is taken across the middle of the palm. FIST products are super flexible and are to be worn fitted but not too tight for optimal performance, feel and fit as designed and tested by our professional athletes.