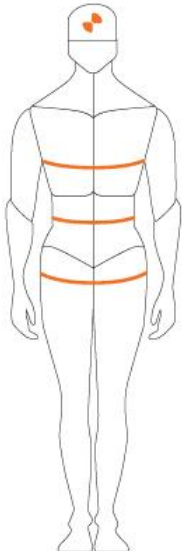
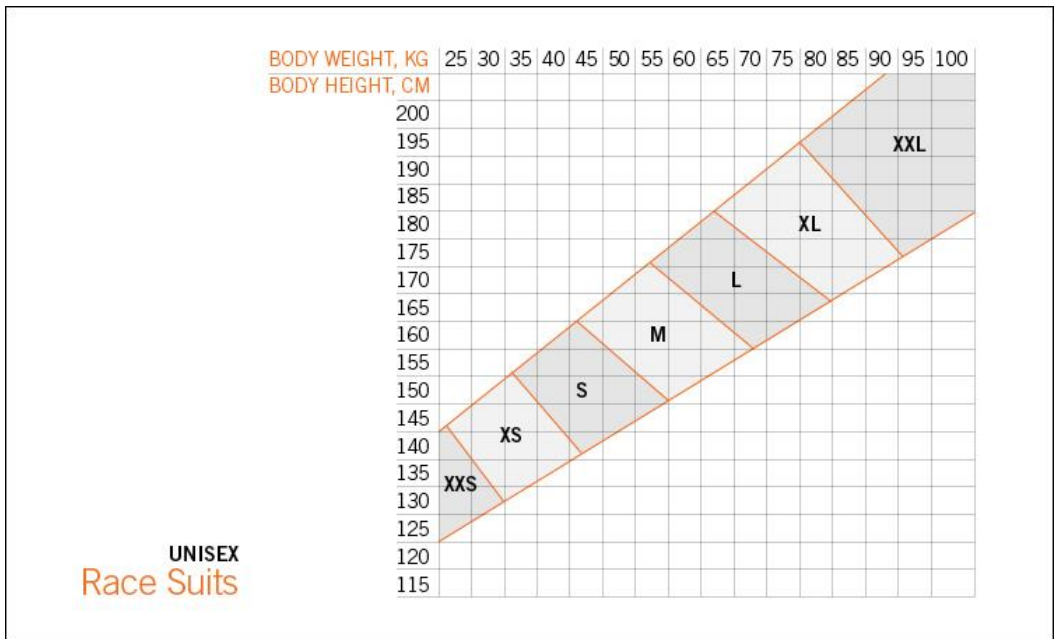


This size table should be considered as a guide when choosing the right size of your POC gear. All bodies have their proportions distributed differently and if you can, you should try on our gear.

	SIZE	CHEST, CM	WAIST, CM	SEAT, CM
MEN Soft Goods	XS/28"	89	78	92
	S/30"	94	83	97
	M/32"	99	88	102
	L/34"	104	93	107
	XL/36"	110	99	113
	XXL/38"	116	105	119

	SIZE	CHEST, CM	WAIST, CM	SEAT, CM
WOMEN Soft Goods	XS	82	66	92
	S	86	70	96
	M	90	74	100
	L	94	78	104
	XL	98	82	108

	SIZE	LENGTH, CM	CIRCUMFERENCE, CM	LENGTH"	CIRCUMFERENCE"
UNISEX Gloves	XS	14-15	16-17	5,5-6	6,3-6,7
	S	15-17	16-19	6-6,7	6,3-7,5
	M	17-19	17-21	6,7-7,5	6,7-8,3
	L	19-21	17-23	7,5-8,3	6,7-9
	XL	21-22	22-24	8,3-8,7	8,7-9,5

	SIZE	LENGTH, CM	CIRCUMFERENCE, CM	LENGTH"	CIRCUMFERENCE"
WOMEN Gloves	S	14-15	16-17	5,5-6	6,3-6,7
	M	16-19	16-19	6-7	6,3-7,5
	L	17-20	17-21	6,7-7,9	6,7-8,3

Skull Comp, Skull X, Skull Light	XS	51-52 cm	
	S	53-54 cm	
	Head circumference	M	55-56 cm
	L	57-58 cm	
	XL	59-60 cm	
Synopsis	XXL	61-62 cm	
	S	53-54 cm	
	Head circumference	M	55-56 cm
	L	57-58 cm	
	XL	59-60 cm	
Frontal	S	53-54 cm	
	Head circumference	M	55-56 cm
	L	57-58 cm	
	XL	59-60 cm	
Receptor+	S	53-54 cm	
	Head circumference	M	55-56 cm
	L	57-58 cm	
	XL	59-60 cm	
Receptor Crown	XS	51-52 cm	
	Head circumference	S	53-54 cm
	M	55-56 cm	
	L	57-58 cm	

	XL	59-60 cm	
	XXL	61-62 cm	
Receptor Bug	XS	51-52 cm	
Head circumference	S	53-54 cm	
	M	55-56 cm	
	L	57-58 cm	
	XL	59-60 cm	
	XXL	61-62 cm	
Sinuse	XS	51-52 cm	
Head circumference	S	53-54 cm	
	M	55-56 cm	
	L	57-58 cm	
	XL	59-60 cm	
	XXL	61-62 cm	
Cortex DH	S-M	52-54 cm	
Head circumference	M-L	55-57 cm	
	L-XL	58-60 cm	
POCito helmet	XS-S	51-54 cm	
POCito Light	XS-S	51-54 cm	
	M-L	55-58 cm	
Gloves	XS	17,8 cm	7 "
Knuckle circumference	S	19-20 cm	7½ - 8 "
	M	21,5-23 cm	8½ - 9 "
	L	24-25,5 cm	9½ - 10 "
	XL	26,7-28 cm	10½ - 11 "
Hip shorts	XS-S	28-30 "	
Waist circumference	M	31-33 "	
	L-XL	34-36 "	
Back protectors	XS-S	150-165 cm	59-65 "
Body length	M	165-180 cm	65-71 "

	L-XL	180- cm	71- "
POCito Back protection Body length	S	100-125 cm	39-49 "
	L	125-150 cm	49-59 "
Joint VPD Knee		circumference calf	circumference calf
	S	30-34 cm	11,8-13,4 "
	M	34-38 cm	13,4-15 "
	L	38-42 cm	15-16,5 "
		circumference 10 cm above centre knee cap	circumference 10 cm above centre knee cap
	S	37-41 cm	14,6-16,1 "
	M	41-45 cm	16,1-17,7 "
	L	45-49 cm	17,7-19,3 "
	Joint VPD Elbow		circumference forearm
S		20-25 cm	7,9-9,8 "
M		25-30 cm	9,8-11,8 "
L		30-35 cm	11,8-13,8 "
		circumference biceps	circumference biceps
S		22-27 cm	8,7-10,6 "
M		27-32 cm	10,6-12,6 "
L		32-37 cm	12,6-14,6 "
Full arm jacket Body length		S	150-165 cm
	M	165-180 cm	
	L	180- cm	
Full arm jacket Jr Body length	S	100-120 cm	
	M	120-140 cm	
	L	140-160 cm	