



## HOW TO CHOOSE THE GOOD SIZE ?

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The first step in the fitting process is to measure around your head at the temple above the eye brow. These are guidelines, a starting point, visit your dealer for assistance in selecting a proper fit.

## ADULT SIZING CHART

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Size	Metric	Inches	Head circumference
XS	53-54cm	20 7/8 - 21 1/4"	6 5/8-3/4
S	55-56cm	21 5/8 - 22"	6 7/8-7
M	57-58cm	22 7/16 - 22 13/16"	7 1/8-1/4
L	59-60cm	23 1/8 - 23 5/8"	7 3/8-1/2
XL	61-62cm	24 - 24 3/8"	7 5/8-3/4
XXL	63-64cm	24 13/16 - 25 3/16"	7 7/8-8

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The next step in the fitting process are fitment checks. The following tests should be performed with the chin strap properly and securely in place. Helmet movement should also move the skin on your face and scalp. Helmets will fit snug when new and have a break in period. The helmet should not fit so tight as to cause discomfort or pain. If your measurement is at the upper number of any size range start at that range then move up as needed.