



**ELBOW PADS**

Measure arm circumference at elbow joint.

**WRIST GUARDS**

Measure circumference at wrist joint.

	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>
<b>ELBOW PADS</b>	6"-7"	8"-9"	10"-11"	11"-12"	13"-14"
	15 - 17.8 cm	20.5 - 22.9 cm	25.5 - 27.9 cm	27.9 - 30.5 cm	33 - 35.5 cm
<b>WRIST GUARDS</b>	5"-5.7"	5.7"-6.5"	6.5"-7"	7"-8.5"	
	12.7 - 14.5 cm	14.5 - 16.5 cm	16.5 - 17.8 cm	17.8 - 21.6 cm	

**HOW TO MEASURE**

1. Using a tape measure or string, measure where indicated in red.
2. Double check the accuracy of the measurement.
3. Use the measurement to choose the correct size listed on the chart.

Be sure limb is relaxed during measurement. It is always best to try on 187 products before purchasing, but if that's not possible the chart above is a good reference.