



## SIZING INSTRUCTIONS:

Your helmet should fit snugly and comfortably on your head. Once straps and pads are adjusted to the proper fit, grab helmet and twist. The skin on your forehead should move with the helmet.

## SIZE REFERENCE

XXXXXS	47-48 CM
XXXS	49-50 CM
XXS	51-52 CM
XS	53-54 CM
S	55-56 CM
M	57-58 CM
L	59-60 CM
XL	61-62 CM

