

**Sizing Chart Arm**

	Small				Medium				Large				X Large				XX Large			
Wrist	5.5"-6.5" (14-16cm)				6.5"-7" (16-18cm)				7"-8" (18-20cm)				8"-9" (20-23cm)				9"-10" (23-26cm)			
Elbow	Average		Full		Average		Full		Average		Full		Average		Full		Average		Full	
	8"-10" 20-26cm		10"-13.5" 26-34cm		9"-11.5" 23-29cm		11.5"-14.5" 29-37cm		10"-12.5" 26-32cm		12.5"-15.5" 32-40cm		11.5"-13.5" 29-34cm		13.5"-16.5" 34-42cm		12.5"-14.5" 32-37cm		14.5"-17.5" 37-45cm	
Upper Arm	Average		Full		Average		Full		Average		Full		Average		Full		Average		Full	
	10"-13.5" 26-34cm		13.5"-15.5" 34-40cm		11.5"-14.5" 29-37cm		14.5"-17" 37-43cm		12.5"-15.5" 32-40cm		15.5"-18" 40-46cm		13.5"-16.5" 34-42cm		16.5"-19" 42-48cm		14.5"-17.5" 37-45cm		17.5"-20.5" 45-52cm	
Arm Length	Short	Long	Short	Long	Short	Long	Short	Long	Short	Long	Short	Long	Short	Long	Short	Long	Short	Long	Short	Long
	≤17" (43cm)	>17" (43cm)	≤17" (43cm)	>17" (43cm)	≤17" (43cm)	>17" (43cm)	≤17" (43cm)	>17" (43cm)	≤17" (43cm)	>17" (43cm)	≤17" (43cm)	>17" (43cm)	≤17" (43cm)	>17" (43cm)	≤17" (43cm)	>17" (43cm)	≤17" (43cm)	>17" (43cm)	≤17" (43cm)	>17" (43cm)
Size	S1	S2	S3	S4	M1	M2	M3	M4	L1	L2	L3	L4	X1	X2	X3	X4	G1	G2	G3	G4

**Sizing Chart Hand**

	X Small	Small	Medium	Large	X Large	XX Large
Palm Circumference	6"-6.5" (16-17cm)	7"-7.5" (18-19cm)	8"-8.5" (20-21cm)	8.5"-9" (22-23cm)	9.5"-10" (24-25cm)	10.5"-11" (26-28cm)
Size	XS	S	M	L	XL	G