



Short	Arm Length:	under 43cm	
Description	Wrist Girth	Elbow Girth	Upper Arm Girth
Small	15 - 17cm	24 - 27cm	27 - 30cm
Medium	17 - 19cm	27 - 31cm	31 - 35cm
Large	20 - 22cm	31 - 35cm	35 - 40cm
X-Large	23 - 25cm	36 - 41cm	40 - 45cm

Tall	Arm Length:	over 43cm	
Description	Wrist Girth	Elbow Girth	Upper Arm Girth
Small	15 - 17cm	24 - 27cm	27 - 30cm
Medium	17 - 19cm	27 - 31cm	31 - 35cm
Large	20 - 22cm	31 - 35cm	35 - 40cm
X-Large	23 - 25cm	36 - 41cm	40 - 45cm