To maximize comfort and fit, there are (2) measurements required. The two measurements will indicate the best possible size recommendation.

(A) Measure Arm Circumference: Wrap tape circumferentially around the middle portion of the biceps muscle. If you do not have measuring tape, use string and then measure the string with a ruler.

- **ARM SIZE**
  - Small  6 - 10”
  - Medium  10 - 14”
  - Large  14 - 18”
  - X-Large  18 - 23”

(B) Measure Hand Circumference: Wrap measuring tape circumferentially around the hand. If you do not have measuring tape, use string and then measure the string with a ruler.

- **HAND SIZE**
  - Small  6 - 6.5”
  - Medium  6.5 - 8”
  - Large  8 - 9”
  - X-Large  9” or >