

SIZE GUIDE

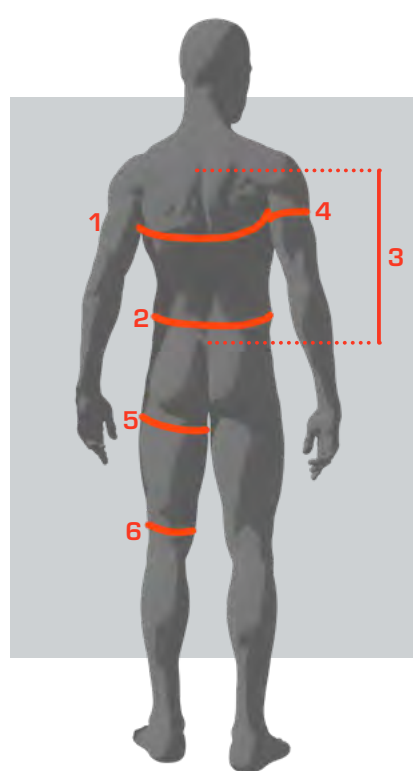
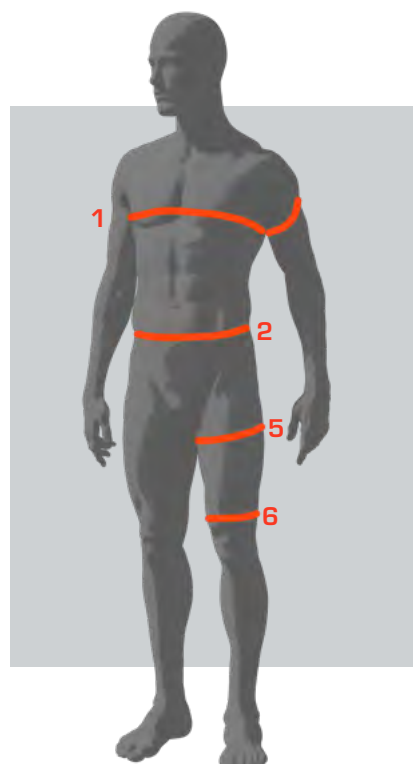
HOW TO MEASURE?

MEASURE SPECIFIC AREAS USING TAPE MEASURE TIGHTLY, NOT OVER CLOTHING & KEEP MUSCLES IN A RELAXED STATE.

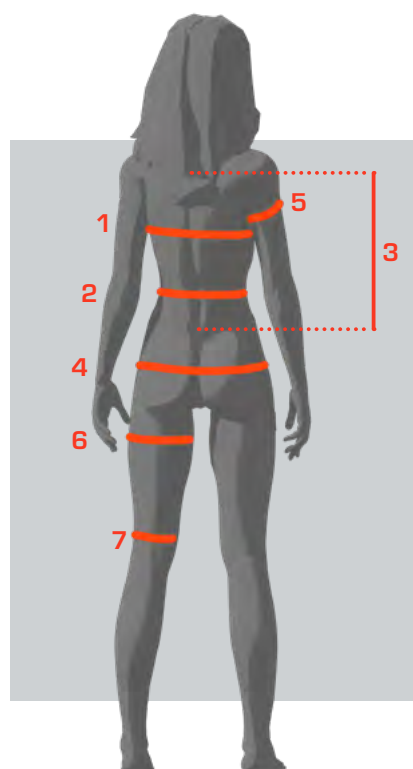
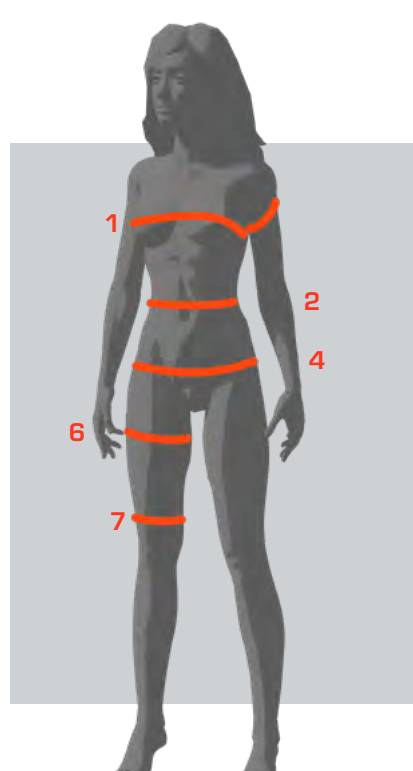
- MEASURE **CHEST** CIRCUMFERENCE AROUND THE WIDEST POINT OF THE CHEST, UNDER ARMPITS AND OVER THE SHOULDER BLADES.
- MEASURE **BUST** CIRCUMFERENCE AROUND THE FULLEST POINT OF THE BUST, UNDER ARMPITS AND OVER THE SHOULDER BLADES.
- MEASURE **UPPER ARM** CIRCUMFERENCE 2.5 CM (1 INCH) ABOVE THE WIDEST POINT OF THE MUSCLE.
- MEASURE **WAIST** CIRCUMFERENCE ABOVE THE HIPBONES AND ACROSS THE BELLY BUTTON.
- MEASURE **HIP** CIRCUMFERENCE AROUND THE WIDEST POINT OF THE HIPS.
- MEASURE **UPPER LEG** CIRCUMFERENCE AT THE WIDEST POINT OF THE LEG, APPROXIMATELY 7 CM (2.8 INCH) BELOW THE CROTCH.
- MEASURE **ABOVE KNEE** CIRCUMFERENCE APPROXIMATELY 7.5 CM (2.9 INCH) ABOVE THE KNEE CAP.
- MEASURE **BACK LENGTH** FROM THE MOST PROMINENT BONE AT BASE OF NECK TO THE WAISTLINE JUST ABOVE THE HIPBONES.

!! NOTES:

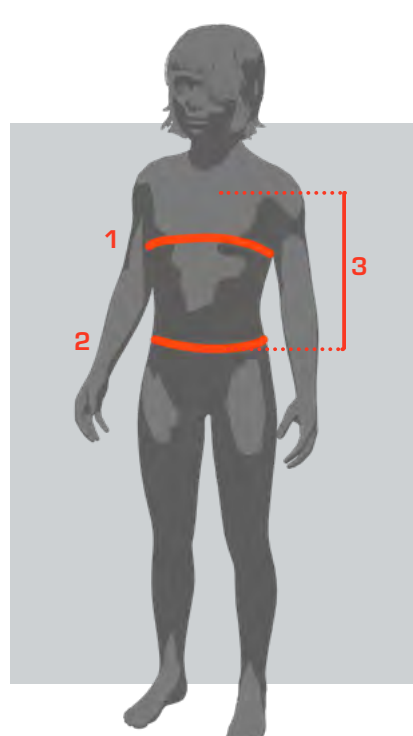
WHEN MEASUREMENTS ARE IN BETWEEN SIZES WE ALWAYS RECOMMEND TO CHOOSE THE SMALLER SIZE.
 SIZE GUIDE FOR LIMB PROTECTION REFERS TO THE ELBOW AND KNEE PROTECTORS. (SEPERATE SLEEVES).



MEN / UNISEX	S	M	L	XL	2XL	
UPPER BODY PROTECTION						
1. CHEST	CM	88 - 92	96 - 100	104 - 108	112 - 116	120 - 124
	INCH	34 5/8 - 36 1/4	37 3/4 - 39 3/8	41 - 42 1/2	44 1/8 - 45 5/8	47 1/4 - 48 7/8
2. WAIST	CM	73.5 - 78.5	81 - 86	88.5 - 93.5	96 - 101	105.5 - 108.5
	INCH	29 - 31	32 - 34	35 - 37	38 - 40	41 - 43
3. BACK LENGTH	CM	UP TO 48	UP TO 53	UP TO 56	UP TO 56	UP TO 56
	INCH	18 7/8	20 7/8	22	22	22
LOWER BODY PROTECTION						
2. WAIST	CM	73.5 - 78.5	81 - 86	88.5 - 93.5	96 - 101	105.5 - 108.5
	INCH	29 - 31	32 - 34	35 - 37	38 - 40	41 - 43
LIMB PROTECTION						
4. UPPER ARM	CM	25	28	32	35	38
	INCH	9 7/8	11	12 5/8	13 3/4	15
5. UPPER LEG	CM	49	53	58	62	66
	INCH	19 1/4	20 7/8	22 7/8	24 3/8	26
6. ABOVE KNEE	CM	39	42	44	46	48
	INCH	15 3/8	16 1/2	17 3/8	18 1/8	18 7/8



WOMEN	XS	S	M	L	
UPPER BODY PROTECTION					
1. BUST	CM	79 - 83	85 - 89	91 - 95	98 - 103
	INCH	31 1/8 - 32 3/4	33 1/2 - 35	35 3/4 - 37 3/8	38 5/8 - 40 5/8
2. WAIST	CM	63 - 66	67 - 71	72 - 76	78 - 82
	INCH	24 3/4 - 26	26 3/8 - 28	28 1/4 - 29 7/8	30 3/4 - 32 1/4
3. BACK LENGTH	CM	UP TO 48	UP TO 48	UP TO 53	UP TO 53
	INCH	18 7/8	18 7/8	20 7/8	20 7/8
LOWER BODY PROTECTION					
2. WAIST	CM	63 - 66	67 - 71	72 - 76	78 - 82
	INCH	24 3/4 - 26	26 3/8 - 28	28 1/4 - 29 7/8	30 3/4 - 32 1/4
4. HIP	CM	84 - 88	90 - 94	96 - 100	102 - 107
	INCH	33 1/8 - 34 5/8	35 3/8 - 37	37 3/4 - 39 3/8	40 1/4 - 42 1/8
LIMB PROTECTION					
5. UPPER ARM	CM	N/A	25	28	32
	INCH	N/A	9 7/8	11	12 5/8
6. UPPER LEG	CM	N/A	49	53	58
	INCH	N/A	19 1/4	20 7/8	22 7/8
7. ABOVE KNEE	CM	N/A	39	42	44
	INCH	N/A	15 3/8	16 1/2	17 3/8



JUNIOR	JS	JM	
UPPER BODY PROTECTION			
1. CHEST	CM	65 - 71	72 - 78
	INCH	25 9/16 - 27 15/16	28 5/16 - 30 3/4
2. WAIST	CM	59 - 62	63 - 66
	INCH	23 1/4 - 24 7/16	24 3/4 - 26
3. BACK LENGTH	CM	UP TO 44	UP TO 48
	INCH	17 5/16	18 7/8
LOWER BODY PROTECTION			
2. WAIST	CM	59 - 62	63 - 66
	INCH	23 1/4 - 24 7/16	23 3/4 - 26