

Size Guide - Protection

Elbow	Bicep	Forearm
SM	31 - 32 CM	25 - 27 CM
MD	32 - 33 CM	27 - 29 CM
LG	34 - 35 CM	29 - 31 CM
XL	35 - 36 CM	31 - 34 CM
SM/MD	31 - 33 CM	25 - 29 CM
L/XL	34 - 36 CM	29 - 34 CM

Knee	Thigh	Calf
SM	40 - 41 CM	35 - 37 CM
MD	41 - 42 CM	37 - 39 CM
LG	43 - 44 CM	39 - 41 CM
XL	45 - 47 CM	41 - 43 CM
SM/MD	40 - 42 CM	35 - 39 CM
L/XL	43 - 47 CM	36 - 43 CM

Measure 14 CM above the knee or elbow and 14 CM below the center of the knee or elbow for proper fitting.