

Arm Sleeve Measuring Instructions

Wrist Measurement

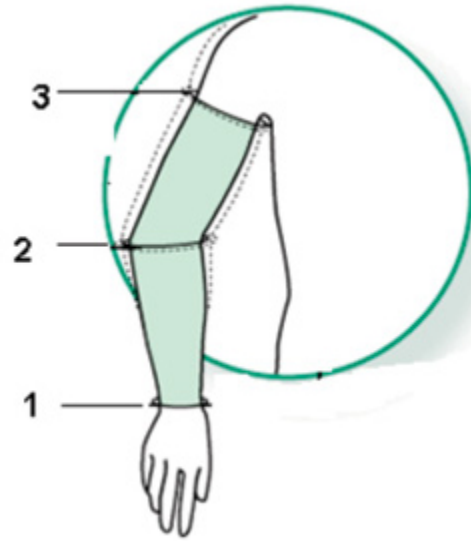
1. Measure the wrist circumference at the narrowest part of the wrist.

Elbow Measurement

2. Measure the elbow circumference at the elbow crease.

Axilla Measurement

3. Measure the axilla (underarm) circumference just underneath the armpit.



Gauntlet & Glove Measuring Instructions

Palm Measurement

1. Measure the palm circumference at the widest part of your hand (thumb excluded).

Wrist Measurement

2. Measure the wrist circumference at the narrowest part of the wrist.



Palm Circumference



Wrist Circumference