## DETERMINE YOUR SIZE USING THE GUIDLEINES BELOW:

PLEASE USE A CLOTHTAPE MEASURE ON THE HAND YOU USE MOST

THERE ARETWO MEASUREMENTSTO DETERMINE YOUR SIZE:
1.LENGTH OF MIDDLE FINGER
A. SMALL $=75 \mathrm{~mm}$ to 80 mm
B. MEDIUM $=80 \mathrm{~mm}$ to 90 mm
C. LARGE $=90 \mathrm{~mm}$ to 95 mm
D. X-LARGE $=95 \mathrm{~mm}$ to 100 mm
E. $2 X-$ LARGE $=100 \mathrm{~mm}$ to 110 mm



Large $90-95 \mathrm{~mm}$

Medium $85-90 \mathrm{~mm}$

Small 80-85mm

2 CIRCUMFERENCE OF PALM (EXCLUDE THUMB)
A. SMALL $=203 \mathrm{~mm}$ to 216 mm
B. $\operatorname{MEDIUM}=216 \mathrm{~mm}$ to 228 mm
C. $\operatorname{LARGE}=228 \mathrm{~mm}$ to 242 mm
D. X-LARGE 242 mm to 254 mm
E. $2 X$-LARGE $=254 \mathrm{~mm}$ to 267 mm

IF YOU FALL BETWEEN SIZES-OPT FOR THE LARGER SIZE

