

ELBOW PROTECTION WOMEN & MEN (EURO/CM)

Size 	Circumference biceps	Circumference forearm
S	24	18
M	27	21
L	30	24
XL	33	27

ELBOW PROTECTION WOMEN & MEN (US/INCH)

Size 	Circumference biceps	Circumference forearm
S	9,5	7,5
M	10,5	8,5
L	12	9,5
XL	13	10,5

KNEE PROTECTION WOMEN & MEN (EURO/CM)

Size 	Circumference 10cm above knee cap	Circumference calf / 15cm under kneecap
S	34	31
M	39	33
L	44	35
XL	49	37

KNEE PROTECTION WOMEN & MEN (US/INCH)

Size 	Circumference 10cm above knee cap	Circumference calf / 15cm under kneecap
S	13,5	9
M	15,5	10
L	17,5	11
XL	19,5	12

IN SHORTS / CRASH SHORTS MEN (EURO/CM)

Size 	Lower Waist circumference	Hip circumference
M	87-92	97-102
L	93-98	103-108
XL	99-104	109-114

IN SHORTS / CRASH SHORTS MEN (US/INCH)

Size 	Lower Waist circumference	Hip circumference
M	34-36	38-40
L	36-38	40-42
XL	39-40,5	42,5-44

IN SHORTS / CRASH SHORTS WOMEN (EURO/CM)

Size 	Lower Waist circumference	Hip circumference
S	78-83	93-98
M	84-89	99-104
L	90-95	105-110

IN SHORTS / CRASH SHORTS WOMEN (US/INCH)

Size 	Lower Waist circumference	Hip circumference
S	30-32	36-38
M	33-35	39-40,5
L	35-37	41-43