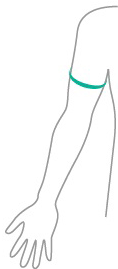


Measuring guide

Measure the circumference of mid bicep.



Ordering information

Size	Bicep (cm)	Bicep (in)
XS	24-28cm	9½-11"
S	28-32cm	11-12½"
M	32-35cm	12½-13¾"
L	35-38cm	13¾-15"
XL	38-42cm	15-16½"