

Measuring for the Perfect Fit

Using a measuring tape, measure the width of your hand just below the knuckles. Then measure from the tip of your middle finger to your first knuckle, as well as your wrist. Refer to the size chart below to find your correct size.

ITEM	WRIST BAND COLOR	SIZE	X - WIDTH (IN)	Y - MIDDLE FINGER (IN)	Z - FULL LENGTH (IN)
220MCTGLVXS		XS	4 1/4"	3"	8"
220MCTGLVS	0	S	4 3/4"	3 1/2"	9 1/4"
220MCTGLVM	•	M	5"	3 3/4"	10"
220MCTGLVL	•	L	5 1/4"	3 3/4"	10"
220MCTGLVXL	•	XL	5 1/2"	4"	10 1/2"