

| <b>Size</b> | <b>Bicep Measurement</b> | <b>Forearm Measurement</b> |
|-------------|--------------------------|----------------------------|
| Small       | 9" - 10"                 | 7½" - 8½"                  |
| Medium      | 10½" - 11"               | 9" - 10"                   |
| Large       | 11½" - 13"               | 10½" - 11½"                |
| X-Large     | 13½" - 15½"              | 12" - 13½"                 |
| XX-Large    | 16" - 17½"               | 14" - 15"                  |