rits both ng	nt and left elbow
Size	Bicep Circumference (4" above elbow)
0 11	11 1 01/1

والمرابع فكمرا الممرم فماروان والممرار والأمرار

Regular

Size	bicep Circumference (4 above elbow)
Small	Under 81/2"

8" - 12"