

GLOVE SIZING



STRONGSUIT[®]
STRENGTH AT HAND

Using the Sizing Gauge

- 1 Place your left hand as shown with your index finger against the orange line.
- 2 The measurement on the horizontal sizing gauge that follows the right side of your hand is your approximate glove size.
- 3 Double-check your size by using a tape measure and the chart below.
- 4 This is a general guide only.

Using a Tape Measure and the Sizing Guide

- 1 With your hand palm side down on a flat surface, place a tape measure under your hand.
- 2 Measure from the outside of your index finger knuckle to the outside of your pinky finger knuckle.
- 3 Compare your measurement to the Sizing Guide below to find your glove size.

Measurement	Alpha Size	Numeric Size
1 ^{5/8} - 2 ^{1/8}	XX-Small	6
2 ^{1/8} - 2 ^{5/8}	X-Small	7
2 ^{5/8} - 3 ^{1/8}	Small	8
3 ^{1/8} - 3 ^{5/8}	Medium	9
3 ^{5/8} - 4 ^{1/8}	Large	10
4 ^{1/8} - 4 ^{5/8}	X-Large	11
4 ^{5/8} - 5 ^{1/8}	XX-Large	12
5 ^{1/8} - 5 ^{5/8}	XXX-Large	13

GLOVE SIZING GAUGE

XXXL	XXL	XL	L	M	S	XS	XXS
13	12	11	10	9	8	7	6

