## R APPAREL \& GUARDS FIT AND CARE

As body types vary from person to person, the best way to choose the right size garment is by trying it on. As such, the following charts should only be used as a guide.

1 Chest: Measure fullest circumference, keeping tape up under arms and across shoulder blades.
2 Waist: Measure at narrowest circumference. Don't suck it in - nobody's watching.
$3 \mathrm{Hip}: \quad$ Measure around the widest part of the pelvis, around the buttocks.
4 Inseam: Measure inner leg from crotch to below the ankle bone.
5 Glove: Wrap a tape measure around the widest part of your palm.
6 Bicep: Measure around your bicep at the widest part.
7 Forearm: Measure around your forearm at the widest part.
8 Thigh: Measure around your thigh 10 cm up from your knee.
9 Galf: $\quad$ Measure around your calf at the widest part.

## MEN \& WOMEN'S APPAREL

MEN'S SIZING

|  | S | M | L | XL | XXL |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Chest | $37^{\prime \prime}(94 \mathrm{~cm})$ | $391 / 2^{\prime \prime}(100 \mathrm{~cm})$ | $42^{\prime \prime}(107 \mathrm{~cm})$ | $45^{\prime \prime}(114 \mathrm{~cm})$ | $48^{\prime \prime}(122 \mathrm{~cm})$ |
| Waist | 29" (74 cm) | $311 / 2^{\prime \prime}(80 \mathrm{~cm})$ | $34^{\prime \prime}(86 \mathrm{~cm})$ | $37^{\prime \prime}(94 \mathrm{~cm})$ | $40^{\prime \prime}(102 \mathrm{~cm})$ |
| Hip | 35\%/4" (91 cm) | $381 / 2^{\prime \prime}(98 \mathrm{~cm})$ | 411/4" $(105 \mathrm{~cm})$ | 44" (112 cm) | $471 / 4 \mathrm{M}$ ( 120 cm ) |
| Inseam | $32 / 2{ }^{\text {" }}$ ( 82 cm ) | $32 / 22^{\prime \prime}(82 \mathrm{~cm})$ | $33^{\prime \prime}(84 \mathrm{~cm})$ | $331 / 8^{\prime \prime}(86 \mathrm{~cm})$ | $341 / 8{ }^{\prime \prime}(87 \mathrm{~cm})$ |

WOMEN'S SIZING

|  | XS | S | M | L | XL |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Chest | $32^{\prime \prime}(81 \mathrm{~cm})$ | $34^{\prime \prime}(86 \mathrm{~cm})$ | $36^{\prime \prime}(91 \mathrm{~cm})$ | $39^{\prime \prime}(96 \mathrm{~cm})$ | $40^{\prime \prime}(102 \mathrm{~cm})$ |
| Waist | $251 / 4{ }^{\prime \prime}(64 \mathrm{~cm})$ | $27^{\prime \prime}(69 \mathrm{~cm})$ | $29^{\prime \prime}(74 \mathrm{~cm})$ | 31 " (79 cm) | $34^{\prime \prime}(86 \mathrm{~cm})$ |
| Hip | $35^{\prime \prime}$ ( 89 cm ) | $37^{\prime \prime}(94 \mathrm{~cm})$ | $39^{\prime \prime}(99 \mathrm{~cm})$ | $41^{\prime \prime}(104 \mathrm{~cm})$ | $44^{\prime \prime}(112 \mathrm{~cm})$ |
| Inseam | $321 / 2^{\prime \prime}(82 \mathrm{~cm})$ | $321 / 22^{11}(82 \mathrm{~cm})$ | $321 / 2^{\prime \prime}(82 \mathrm{~cm})$ | $33^{\prime \prime}(84 \mathrm{~cm})$ | $321 / 8^{\prime \prime}(85 \mathrm{~cm})$ |

## GLOVES

GLOVE SIZING

| XS |  | S | M | L | XL |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Men's | $6-61^{1 / 2}(15-16.5 \mathrm{~cm})$ | $7-7 \frac{1 / 21}{}(17.5-19 \mathrm{~cm})$ | $8-81 / 211(20-21.5 \mathrm{~cm})$ | 9-91/2" ${ }^{\prime \prime}(22.5-24 \mathrm{~cm})$ | $10-101 / 2$ " (25-26.5 cm) |
| Women's | $5-51 / 22^{\prime \prime}(12.5-14 \mathrm{~cm})$ | $6-61 / 22^{\prime \prime}(15-16.5 \mathrm{~cm})$ | $7-7 \frac{1}{211}(17.5-19 \mathrm{~cm})$ | $8-81 / 2 /{ }^{\prime \prime}(20-21.5 \mathrm{~cm})$ | 9-91/2" (22.5-24 cm) |
| Youth |  | $61 / 2$ " (16.5 cm) | 7" $(17.8 \mathrm{~cm})$ | $71 / 22^{\prime \prime}(19 \mathrm{~cm})$ |  |

Wrap a tape measure around your palm at the widest point (usually the knuckles) and make a light fist.Take that measurement and refer to the chart below to find your size.

## GUARDS

CORE SIZING

|  | S | M | L | XL | XXL |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Chest | $37^{\prime \prime}(94 \mathrm{~cm})$ | $391 / 2^{\prime \prime}(100 \mathrm{~cm})$ | $42^{\prime \prime}(107 \mathrm{~cm})$ | $45^{\prime \prime}(114 \mathrm{~cm})$ | 48" $(122 \mathrm{~cm})$ |
| Waist | 29" (74 cm) | $311 / 2^{\prime \prime}(80 \mathrm{~cm})$ | $34^{\prime \prime}(86 \mathrm{~cm})$ | $37^{\prime \prime}(94 \mathrm{~cm})$ | 40 " (102 cm) |
| Hip | 353/4" (91 cm) | $381 / 2^{\prime \prime}(98 \mathrm{~cm})$ | $41 \frac{114 " ~}{\text { " }}$ (105 cm) | 44" (112 cm) | $471 / 4^{\prime \prime}(120 \mathrm{~cm})$ |

High stretch fabric, ultra-tight, second-skin fit designed to lock D30® removable protection in place.
MEN'S LEG

|  | S | M | L | XL | XXL |
| :--- | :---: | :---: | :---: | :---: | :---: |
| Thigh | $16^{\prime \prime}(41 \mathrm{~cm})$ | $17^{\prime \prime}(43 \mathrm{~cm})$ | $18^{\prime \prime}(46 \mathrm{~cm})$ | $19^{\prime \prime}(48 \mathrm{~cm})$ | $20^{\prime \prime}(51 \mathrm{~cm})$ |
| Calf | $13^{\prime \prime}(33 \mathrm{~cm})$ | $14^{\prime \prime}(36 \mathrm{~cm})$ | $15^{\prime \prime}(38 \mathrm{~cm})$ | $16^{\prime \prime}(40 \mathrm{~cm})$ | $17^{\prime \prime}(43 \mathrm{~cm})$ |
| MEN'S ELBOW |  |  |  |  |  |


|  | S | M | L | XL | XXL |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Bicep | $10^{\prime \prime}(25 \mathrm{~cm})$ | $11^{\prime \prime}(28 \mathrm{~cm})$ | $12^{\prime \prime}(30 \mathrm{~cm})$ | $13^{\prime \prime}(33 \mathrm{~cm})$ | $14^{\prime \prime}(36 \mathrm{~cm})$ |
| Forearm | $8^{\prime \prime}(20 \mathrm{~cm})$ | $9^{\prime \prime}(23 \mathrm{~cm})$ | $10^{\prime \prime}(25 \mathrm{~cm})$ | $11^{\prime \prime}(28 \mathrm{~cm})$ | $12^{\prime \prime}(30 \mathrm{~cm})$ |
| WOMEN'S LEG |  |  |  |  |  |
|  | S | M | L | XL | XXL |
| Thigh | $15^{\prime \prime}(38 \mathrm{~cm})$ | $16^{\prime \prime}(41 \mathrm{~cm})$ | $17^{\prime \prime}(43 \mathrm{~cm})$ | $18^{\prime \prime}(46 \mathrm{~cm})$ | $19^{\prime \prime}(48 \mathrm{~cm})$ |
| Calf | $13^{\prime \prime}(33 \mathrm{~cm})$ | $14^{\prime \prime}(36 \mathrm{~cm})$ | $15^{\prime \prime}(38 \mathrm{~cm})$ | $16^{\prime \prime}(41 \mathrm{~cm})$ | $17^{\prime \prime}(43 \mathrm{~cm})$ |

## WOMEN'S ELBOW

|  | S | M | XL |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Bicep | $101 / 4^{\prime \prime}(26 \mathrm{~cm})$ | $11^{\prime \prime}(28 \mathrm{~cm})$ | $113 / 4^{\prime \prime}(30 \mathrm{~cm})$ | $121 / 2^{\prime \prime}(32 \mathrm{~cm})$ | $131 / 4^{\prime \prime}(34 \mathrm{~cm})$ |
| Forearm | $7{ }^{\prime \prime}(18 \mathrm{~cm})$ | $73 / 4$ " $(20 \mathrm{~cm})$ | $81 / 2(22 \mathrm{~cm})$ | 91⁄2 $(24 \mathrm{~cm})$ | $101 / 4^{\prime \prime}(26 \mathrm{~cm})$ |

[^0]* Items with D30 should be washed a maximum of 30 times and a water temperature no higher than $40^{\circ} \mathrm{C}$.


MACHINE WASH
DO NOT BLEACH COLD WATER GENTLE CYCLE


DO NOT IRON


DO NOT DRY CLEAN
LINE DRY / HANG TO DRY
YOUTH GUARDS
PROTEKT YOUTH LEG

|  | S/M | L/XL |
| :--- | :---: | :---: |
| Top Opening | $123 / /^{\prime \prime}(32 \mathrm{~cm})$ | $133 / 4^{\prime \prime}(28 \mathrm{~cm})$ |
| Bottom Opening | $63 / 4 "(17 \mathrm{~cm})$ | $73 / 4^{\prime \prime}(20 \mathrm{~cm})$ |
| Length | $11^{\prime \prime}(28 \mathrm{~cm})$ | $113 / 4^{\prime \prime}(30 \mathrm{~cm})$ |

PROTEKT YOUTH ARM

| S/M |  | L/XL |
| :--- | :---: | :---: |
| Top Opening | $81 / 4^{\prime \prime}(21 \mathrm{~cm})$ | $9^{\prime \prime}(23 \mathrm{~cm})$ |
| Bottom Opening | $6^{\prime \prime}(15 \mathrm{~cm})$ | $61 / 4^{\prime \prime}(20 \mathrm{~cm})$ |
| Length | $7^{\prime \prime}(18 \mathrm{~cm})$ | $73 / 4^{\prime \prime}(20 \mathrm{~cm})$ |


[^0]:    * Remove D30 peices from Flank liner before washing.

