

### How to choose the right glove size

To ensure comfort and proper protection, measure your hand as follows. Always measure your dominant hand, which is usually larger (right-handed = right hand, left-handed = left hand).

#### Measuring the circumference

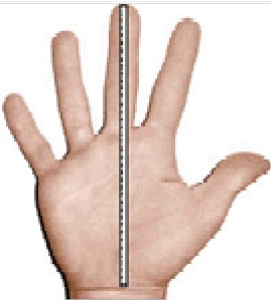
Hold a tape measure in your hand so that you can measure the largest circumference across the knuckles. Then clench your fist and note the resulting value. Select the glove size according to the table.



Hand circumference	
200 - 230 mm	M
230 - 260 mm	L
260 - 290 mm	XL

#### Measuring length

Measure the distance from the bottom edge of your palm to the tip of your longest finger. Select the glove size according to the table based on the measured value.



Hand length	
170–185 mm	M
185–200 mm	L
200–215 mm	XL

#### Recommendation

If you get different sizes, we recommend choosing the larger one. Similarly, if you are between two sizes, we recommend choosing the larger one.