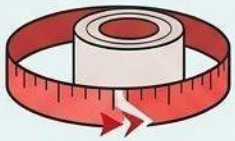
ADVANCED GLOVE SIZING GUIDE (CM)

MEASUREMENT METHODS

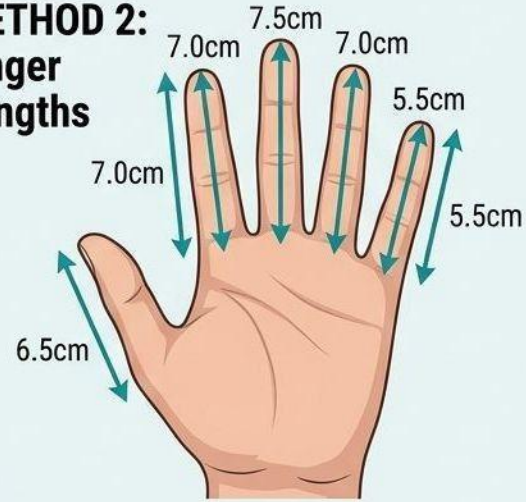


METHOD 1: Hand Girth (Palm Circumference)

Measure all around the widest part of your hand (across the knuckles). **DO NOT include** the thumb.



METHOD 2: Finger Lengths



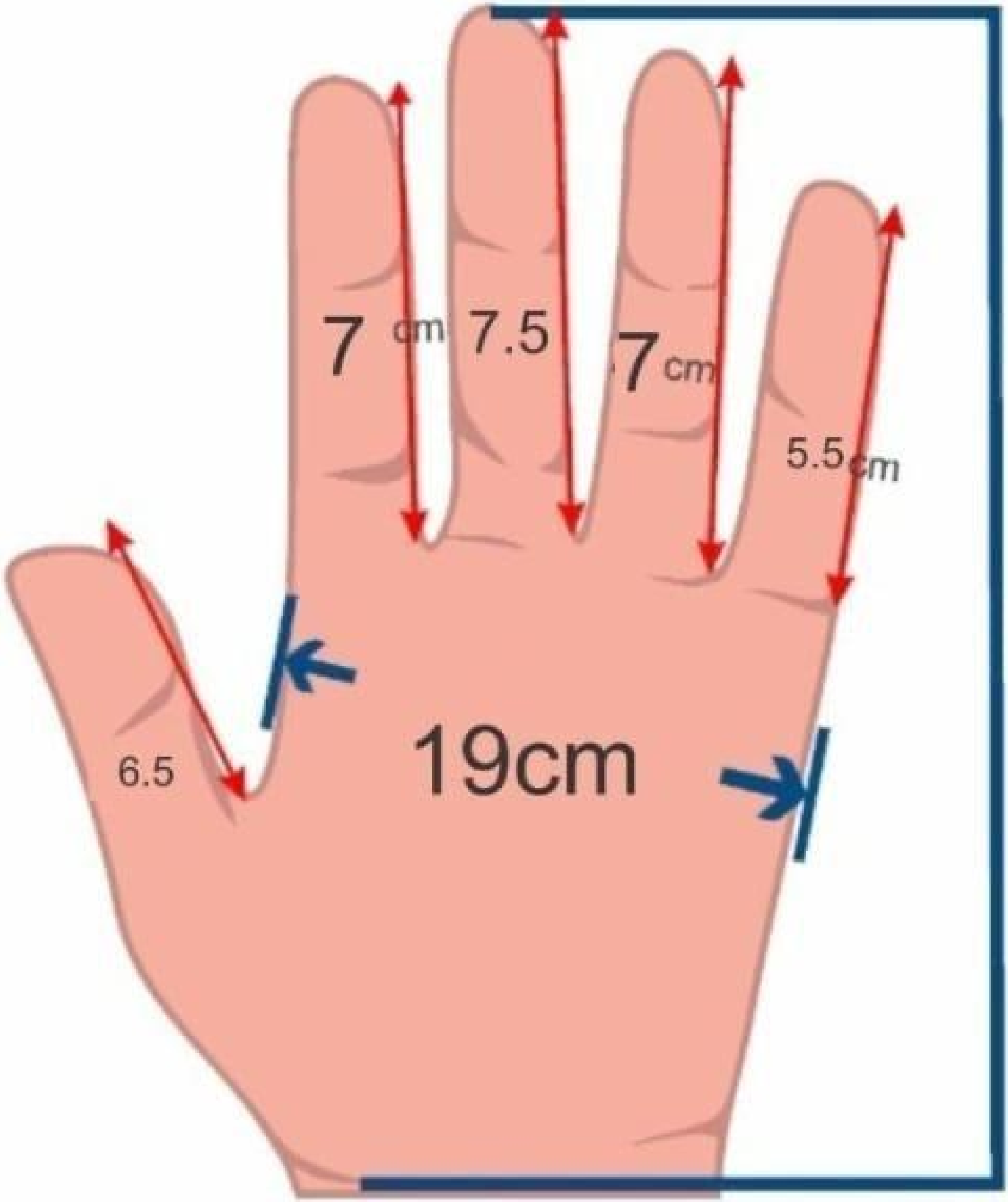
MODERN SIZE REFERENCE

INTERNATIONAL SIZE CHART

International Size	Palm Girth (cm)	Recommended Girth Range (cm)
XS	18.2	17.5 - 18.5
S	19.4	18.6 - 20.0
M	20.6	20.1 - 21.0 (e.g., 19cm Girth fits Small)
L	21.8	21.1 - 22.5
XL	23.0	22.6 - 23.5
2XL	24.2	23.6 - 24.5
3XL	25.4	24.6 - 26.0
4XL	26.6	26.1 - 27.6

KEY CONSIDERATIONS

- Girth — Primary fit is determined by Hand Girth.
- For loose fit or between sizes, choose one size up.


7 cm
7.5
7 cm
5.5 cm
6.5
19cm