

## Determine Your Size

To find your size, use a flexible tape to measure the circumference of your hand and then refer to the chart shown below .If your hand is disproportionately long or short you may need to go to the next larger or smaller size.

6 to $7 "=X S \mid 7$ to $8 "=S \mid 8$ to $9 "=M \mid 9$ to $10 "=L \mid 10$ to $11 "=X L$

