



PRO-X3 ELBOW

	BICEP Measure at widest point		FOREARM Measure 5–6" below elbow	
YOUTH S/M	7–8"	18–20 cm	5–6"	12.5–15 cm
YOUTH L/XL	8–9.5"	20–24 cm	6–7"	15–18 cm
XS	9.5–11"	24–28 cm	6–7.5"	15–21.5 cm
S	11–12.5"	28–32 cm	7.5–8.5"	19–21.5 cm
M	12.5–13.5"	32–34.5 cm	8.5–9.5"	21.5–24 cm
L	13.5–14.5"	34.5–37 cm	9.5–10.5"	24–26.5 cm
XL	14.5–16"	37–40.5 cm	10.5–12"	26.5–30.5 cm