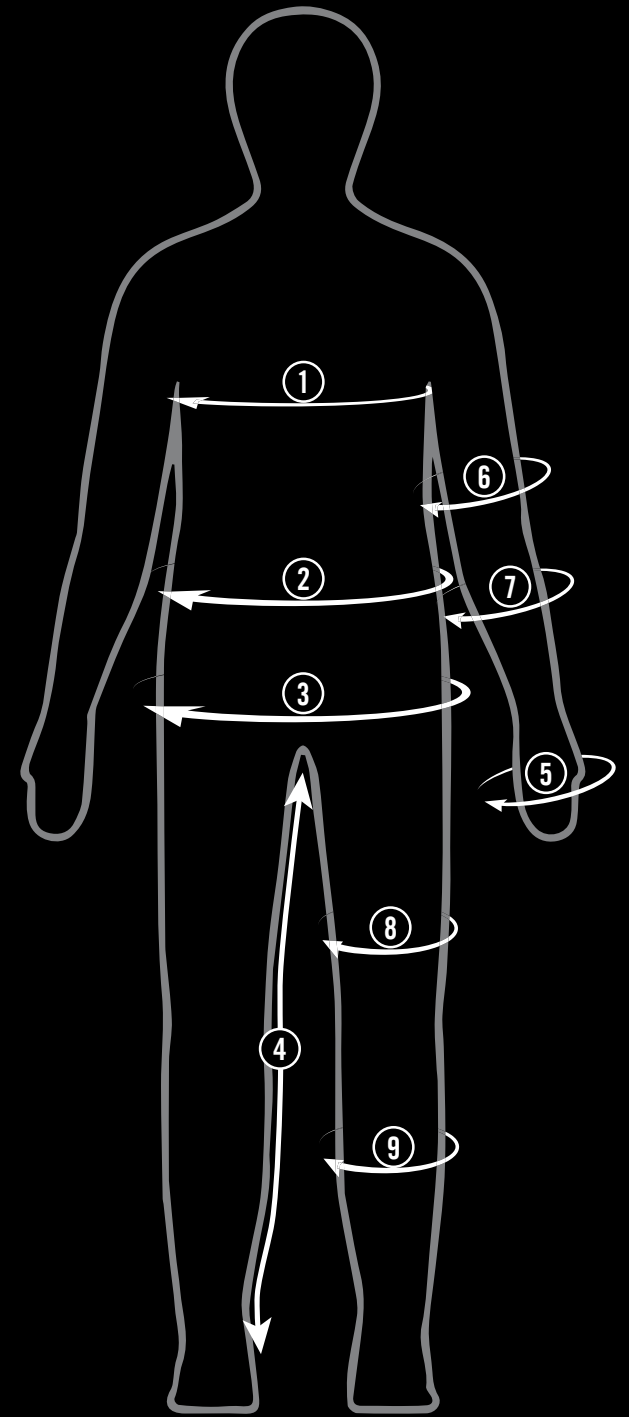


APPAREL & GUARDS

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 Hip:** 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 10cm up from your knee.
- 9 Calf:** Measure around your calf at the widest part.



MEN & WOMEN'S APPAREL

MEN'S SIZING

	S	M	L	XL	XXL
Chest	37" (94 cm)	39½" (100 cm)	42" (107 cm)	45" (114 cm)	48" (122 cm)
Waist	29" (74 cm)	31½" (80 cm)	34" (86 cm)	37" (94 cm)	40" (102 cm)
Hip	35¾" (91 cm)	38½" (98 cm)	41¼" (105 cm)	44" (112 cm)	47¼" (120 cm)
Inseam	32½" (82 cm)	32½" (82 cm)	33" (84 cm)	33½" (86 cm)	34½" (87 cm)

WOMEN'S SIZING

	XS	S	M	L	XL
Chest	32" (81 cm)	34" (86 cm)	36" (91 cm)	39" (96 cm)	40" (102 cm)
Waist	25¼" (64 cm)	27" (69 cm)	29" (74 cm)	31" (79 cm)	34" (86 cm)
Hip	35" (89 cm)	37" (94 cm)	39" (99 cm)	41" (104 cm)	44" (112 cm)
Inseam	32½" (82 cm)	32½" (82 cm)	32½" (82 cm)	33" (84 cm)	32½" (85 cm)

GLOVES

GLOVE SIZING

	XS	S	M	L	XL
Men's	6-6½" (15-16.5 cm)	7-7½" (17.5-19 cm)	8-8½" (20-21.5 cm)	9-9½" (22.5-24 cm)	10-10½" (25-26.5 cm)
Women's	5-5½" (12.5-14 cm)	6-6½" (15-16.5 cm)	7-7½" (17.5-19 cm)	8-8½" (20-21.5 cm)	9-9½" (22.5-24 cm)
Youth		6½" (16.5 cm)	7" (17.8 cm)	7½" (19 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" (94 cm)	39½" (100 cm)	42" (107 cm)	45" (114 cm)	48" (122 cm)
Waist	29" (74 cm)	31½" (80 cm)	34" (86 cm)	37" (94 cm)	40" (102 cm)
Hip	35¾" (91 cm)	38½" (98 cm)	41¼" (105 cm)	44" (112 cm)	47¼" (120 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" (41cm)	17" (43cm)	18" (46cm)	19" (48cm)	20" (51cm)
Calf	13" (33cm)	14" (36cm)	15" (38cm)	16" (40cm)	17" (43cm)

MEN'S ELBOW

	S	M	L	XL	XXL
Bicep	10" (25 cm)	11" (28 cm)	12" (30 cm)	13" (33 cm)	14" (36 cm)
Forearm	8" (20 cm)	9" (23 cm)	10" (25 cm)	11" (28 cm)	12" (30 cm)

WOMEN'S LEG

	S	M	L	XL	XXL
Thigh	15" (38 cm)	16" (41 cm)	17" (43 cm)	18" (46 cm)	19" (48 cm)
Calf	13" (33 cm)	14" (36 cm)	15" (38 cm)	16" (41 cm)	17" (43 cm)

WOMEN'S ELBOW

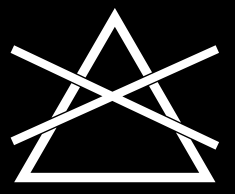
	S	M	L	XL
Bicep	10¼" (26 cm)	11" (28 cm)	11¾" (30 cm)	12½" (32 cm)
Forearm	7" (18 cm)	7¾" (20 cm)	8½" (22 cm)	9½" (24 cm)

* Remove D30 pieces from Flank liner before washing.

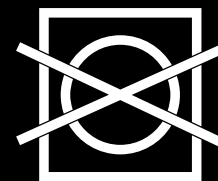
* Items with D30 should be washed a maximum of 30 times and a water temperature no higher than 40°C.



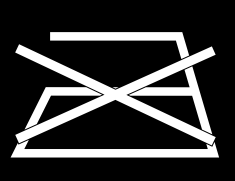
MACHINE WASH
COLD WATER
GENTLE CYCLE



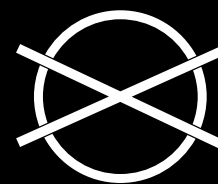
DO NOT BLEACH



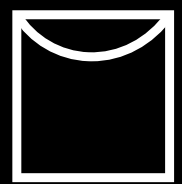
DO NOT TUMBLE DRY



DO NOT IRON



DO NOT DRY CLEAN



LINE DRY /
HANG TO DRY

YOUTH GUARDS

PROTEKT YOUTH LEG

	S/M	L/XL
Top Opening	12¾" (32 cm)	13¾" (28 cm)
Bottom Opening	6¾" (17 cm)	7¾" (20 cm)
Length	11" (28 cm)	11¾" (30 cm)

PROTEKT YOUTH ARM

	S/M	L/XL
Top Opening	8¼" (21 cm)	9" (23 cm)
Bottom Opening	6" (15 cm)	6¼" (20 cm)
Length	7" (18 cm)	7¾" (20 cm)