

Armband Sizing Guide

Bicep - Measure the widest part of the bicep

Length- Measure from the widest part of the bicep to the wrist

Size	Bicep	Length
XXS	8"	12.5"
XS	9"	14"
SM	10"	15.5"
MD	11"	17"
LG	12"	17.5"
XL	14"	18"
XXL	16"	18.5"

