

### ELBOW PROTECTION WOMEN & MEN (EURO/CM)

Size&nbsp;	Circumference biceps	Circumference forearm
S	24	18
M	27	21
L	30	24
XL	33	27

### ELBOW PROTECTION WOMEN & MEN (US/INCH)

Size&nbsp;	Circumference biceps	Circumference forearm
S	9,5	7,5
M	10,5	8,5
L	12	9,5
XL	13	10,5

### KNEE PROTECTION WOMEN & MEN (EURO/CM)

Size&nbsp;	Circumference 10cm above knee cap	Circumference calf / 15cm under kneecap
S	34	31
M	39	33
L	44	35
XL	49	37

### KNEE PROTECTION WOMEN & MEN (US/INCH)

Size&nbsp;	Circumference 10cm above knee cap	Circumference calf / 15cm under kneecap
S	13,5	9
M	15,5	10
L	17,5	11
XL	19,5	12