

GLOVE SIZING



STRONGSUIT[®]
STRENGTH AT HAND

Using the Sizing Gauge

- 1 Place your left hand as shown with your index finger against the orange line.
- 2 The measurement on the horizontal sizing gauge that follows the right side of your hand is your approximate glove size.
- 3 Double-check your size by using a tape measure and the chart below.
- 4 This is a general guide only.

Using a Tape Measure and the Sizing Guide

- 1 With your hand palm side down on a flat surface, place a tape measure under your hand.
- 2 Measure from the outside of your index finger knuckle to the outside of your pinky finger knuckle.
- 3 Compare your measurement to the Sizing Guide below to find your glove size.

Measurement	Alpha Size	Numeric Size
1 ⁵ / ₈ - 2 ¹ / ₈	XX-Small	6
2 ¹ / ₈ - 2 ⁵ / ₈	X-Small	7
5 ⁵ / ₈ - 3 ¹ / ₈	Small	8
3 ¹ / ₈ - 3 ⁵ / ₈	Medium	9
3 ⁵ / ₈ - 4 ¹ / ₈	Large	10
4 ¹ / ₈ - 4 ⁵ / ₈	X-Large	11
4 ⁵ / ₈ - 5 ¹ / ₈	XX-Large	12
5 ¹ / ₈ - 5 ⁵ / ₈	XXX-Large	13

GLOVE SIZING GAUGE

