



HOW TO MEASURE

BICEP: Place the tape measure around the middle of the bicep, halfway between the shoulder and elbow, and mark the measurement.

CHOOSING THE RIGHT SIZE

Bicep measurements are given in inches. If your bicep measurement is on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit.

BICEP SIZING

	Sleeve Length (in)	Bicep Circumference (in)
Y	12.75	8.5-11
S	12.5	11-14
L	14.125	11-14