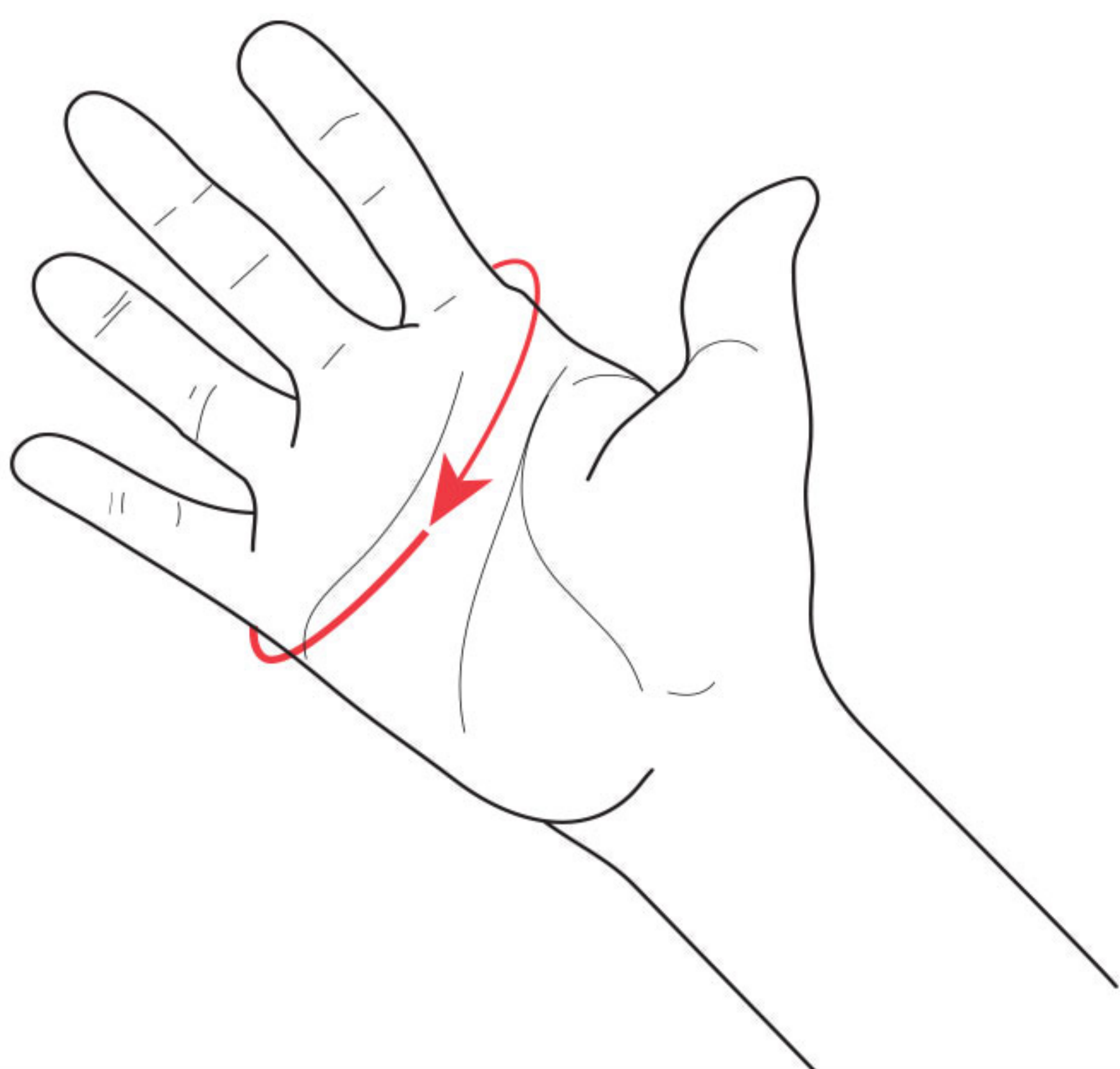


Measure the circumference of the hand around the knuckles



| SIZE | MEASUREMENT | |
|------|----------------|---------|
| XS | 6-6 3/4" | 15-17cm |
| SM | 7-7 3/4" | 18-20cm |
| MED | 8-9" | 21-23cm |
| LRG | 9 1/4-10 1/2" | 24-26cm |
| XL | 10 3/4-11 1/2" | 27-29cm |
| 2XL | 11 3/4"+ | 30cm+ |

Your Thermal Support should be a snug and comfortable fit. Not too tight, not too loose. If in doubt, try next larger size.