



# 187 PRO

## Sizing Chart

**THIS IS ONLY A GUIDE. Fit and comfort are in the eye of the beholder!**

**Measure the circumference of your lower thigh, about 4" inches above the center of your knee cap. Take your measurement in skating clothes (bare legs or tights, not bulky sweats or jeans).**

Size	Thigh circumference
Small	14" - 18"
Medium	18" - 22"
Large	22" - 24"
Extra Large	24" - 28"

**Pro knee pads have adjustable neoprene butterfly straps with up to 4" of room. Neoprene stretches over time and with dampness and warmth, so buy snug.**

**Most women wear the same size elbows and knees.**

**Measure lower bicep circumference about 3" above the inside crook of your elbow.**

Size	Bicep circumference
Extra Small	Under 8"
Small	8" - 10"
Medium	10" - 12"
Large	12" - 15"
Extra Large	15" or larger guns

**187 Elbows have adjustable elastic straps and neoprene full sleeves.**