

SELECTING A BOXING TRUNK SIZE

SIZE	WAIST SIZE
S	26"-30"
M	30"-34"
L	34"-38"
XL	38"-42"
XXL	42"-44"



SELECTING A FIGHT GLOVE SIZE

SIZE	WEIGHT
8 OZ.	146 LBS. & UNDER
10 OZ. & 10 OZ. LXL	147 LBS. & OVER



SELECTING A GLOVE SIZE:

Use the following chart to estimate a glove weight that will properly fit your hand size in most cases.

180 LB.	16 OZ.
160 LB.	14 OZ.
140 LB.	8-12 OZ.
	5'5" 5'8" 6'



SELECTING A HEADGEAR SIZE

SIZE	HEAD CIRCUMFERENCE
S	UP TO 21.5"
M	21.5"-22.25"
L	22.25"-23"
XL	23" & UP

