

SIZE GUIDE

MANTA PADDLES				
SIZE	S	M	L	XL
MIDDLE FINGER CIRCUMFERENCE	2 1/16" or less [53mm or less]	2 1/16" - 2 3/16" [53mm-62mm]	2 3/16" - 2 1/2" [62mm-69mm]	2 1/2" - 3 1/16" [69mm-77mm]

HOW TO MEASURE

The Manta Paddles are designed to be worn with the swimmer's middle finger comfortably inserted into the finger hole

1. Cut a piece of string to at least 3 inches (7.6cm) long
2. Wrap the string around the knuckle or thickest part of your middle finger. Make sure it's snug and be sure to measure both hands!
3. Using a pen or marker, mark where the ends overlap
4. Lay the string flat and use a ruler to measure the length in inches or centimeters

**Every paddle has the same diameter, with only the finger holes differing between sizes.*

