

MESA ELBOW GUARDS

	Measure bicep around widest point		Measure forearm 5-6" below elbow	
S	11-12.5"	29-32 cm	7.5-8.5"	19-21.5 cm
M	12.5-13.5"	32-34.5 cm	8.5-9.5"	21.5-24 cm
L	13.5-14.5"	34.5-37 cm	9.5-10.5"	24-26.5 cm
XL	14.5-16"	37-40.5 cm	10.5-12"	26.5-30.5 cm