

FIST

HAND WEAR

ADULT GLOVE SIZE GUIDE

Please note, this sizing guide is simply that, a guide!

Due to the nature that no two hands are the same FIST have provided the simplest measurement which is taken across the middle of the palm.

FIST products are super flexible and are to be worn fitted but not too tight for optimal performance, feel and fit as designed by our professional athletes.

GLOVE SIZE	XXS	XS	S	M	L	XL
MEASUREMENT*	7.5 – 8cm	8 – 8.5cm	8.5 – 9cm	9 – 9.5cm	9.5 – 10cm	10 – 10.5cm

*Measurement to be taken across the middle of the palm, centimetres.

