



### Size Guide

#### MX Helmets

« Take a tape measure and measure the circumference of your head 2.5 cm above the eyebrows (at the base of your forehead). Then refer to the attached table.

The helmet should always shake your cheeks at the beginning, the linings always end up getting tight »

Adults						
International Size	XS	S	M	L	XL	XXL
Head Measurement in cm	53-54	55-56	57-58	59-60	61-62	63-64

Kids			
International Size	S	M	L
Head Measurement in cm	47-48	49-50	51-52

#### Bike Helmets

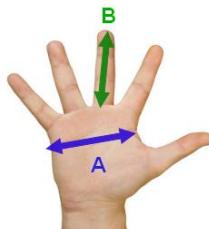
BMX/ Down Hill							
International Size	XXS	XS	S	M	L	XL	XXL
Head Measurement in cm	51-52	53-54	55-56	57-58	59-60	61-62	63-64

ENDURO/ XC			
M		L	
55<58		59<62	

#### Gloves

« Your Gloves Size is determin by two measurements :

- A- The width of the palm of the hand (without the thumb)
- B- The length of your middle finger



Take the average of both results :  $(A+B)/2$ . Then refer to the attached table. If you found an intermediate size, choose the bigger size »

Adults							
Average	7cm	8cm	9cm	10cm	11cm	12cm	13cm
Size equivalence	XS	S	M	L	XL	2XL	3XL
Size to order	7	8	9	10	11	12	13

Kids					
Average	6	7	7,5	8	8,5
Size to order	2	3	4	5	6

### Shirt

« Take your measurement with your clothes in the strongest possible place of your chest (taken under the armpits)»

Adults						
Size	S	M	L	XL	XXL	XXXL
Chest Size in cm	82-88	88-100	100-105	106-114	114-124	125-133

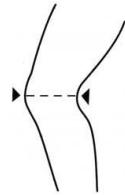
Kids				
Size	XXXXS	XXXS	XXS	XS
Size equivalence	3/4 ans	5/6 ans	7/9 ans	10/12 ans
Chest Size in cm	55-59	59-65	65-70	72-85

### Pant

« Measure your waist circumference at the smallest area below the rib cage and above the belly button. Then, measure your leg length and refer to the attached table. »

Adults				
Sizes			Waist circumference	Leg Length
US	International	FR		
28	XS	36	71-74,5	78
30	S	38	74,5-80	80
32	M	40	80-85	82
34	L	42	85-91	83
36	XL	44	91-96	84
38	XXL	46	96-100	85
40	XXXL	48	100-104	86
42	XXXXL	50	104-109	86

Kids			
Sizes		Waist Circumference	Leg Length
US	FR		
18	3 ans	50-52	44
20	4 ans	54-56	46
22	6 ans	58-60	48
24	8 ans	62-64	51
26	10 ans	68-72	55
28	12/14 ans	74-76	59



### **Knee Guards**

« Measure your knee circumference and refer to the attached table. »

<b>Adults Knee Guards</b>	
<i>Sizes</i>	<i>Knee circumference in cm</i>
<i>S</i>	32-34
<i>M</i>	35-37
<i>L</i>	38-41
<i>XL</i>	42-45
<i>One Size</i>	-

### **Elbow guards**

« Take the circumference of your elbow with a tape measure, place it 5 cm above the elbow. »

<b>Adults Elbow</b>	
<i>Sizes</i>	<i>Elbow Circumference</i>
<i>S</i>	21,5-23,5
<i>M</i>	23,5-26
<i>L</i>	26-28
<i>XL</i>	28-30
<i>One size</i>	-

### **Safety Jacket**

« Take your measurement, with your clothes, in the strongest possible place of your chest (taken under the armpits). Then, measure your waist circumference at the smallest area below the rib cage and above the belly button and your arm length. Refer to the following table »

<b>Adults Safety Jacket instead of Kontakt Safety Jacket</b>						
<i>Size</i>	<i>S</i>	<i>M</i>	<i>L</i>	<i>XL</i>	<i>2XL</i>	<i>3XL</i>
<i>Chest</i>	88-94	94-100	100-106	106-112	112-118	118-122
<i>Arm</i>	56-58	58-60	60-62	62-64	64-66	67-70
<i>Waist</i>	76-84	84-88	88-92	92-98	98-104	104-110

<b>Adults Kontakt Safety Jacket</b>				
<i>Size</i>	<i>XXXS/XXS</i>	<i>XS/S</i>	<i>M/L</i>	<i>XL/XXL</i>
<i>Chest</i>	91-97	97-101	101-107	107-112
<i>Arm</i>	57-59	59-61	61-63	63-65
<i>Waist</i>	76-86	86-90	90-96	96-102

<b>Kids Safety Jacket instead of Kontakt Safety Jacket</b>			
<i>Sizes</i>	<i>S</i>	<i>M</i>	<i>L</i>
<i>Chest</i>	64-68	68-72	72-78
<i>Waist</i>	61-65	64-68	68-72
<i>Arm</i>	53-56	56-60	60-64
<i>Age</i>	6-8 ans	8-10 ans	10-12 ans

Kids Kontakt Safety Jacket		
Size	XS/S	M/L
Chest	82-86	85-88
Arm	61-67	67-72
Age	6-10	10-12

### Boots

« Measure the length of your foot by taking measurements from both ends. For road / urban motorcycle boots, choose a size larger than your usual size to accommodate the "good pair of socks ». 

Boots		
French Size	US	Foot length in cm
35	4	23,4
36	5	24
37	5.5	24,7
38	5.5	25,4
39	6.25	26
40	7	26,7
41	8	27,4
42	8.5	28
43	9.5	28,7
44	10	29,4
45	11	30
46	11.5	30,7
47	12.5	31,4
48	13.5	31,7

### Adults Jacket

« For the chest, the measurement is taken at the strongest possible place of your chest (taken under the armpits). Then, measure your waist circumference at the smallest area below the rib cage and above the belly button rib cage and refer to the following table.»

Adults Jacket		
Size	Chest circumference in cm	Waist circumference in cm
S	79-91	70-78
M	92-97	79-85
L	98-106	86-92
XL	107-118	93-98
XXL	119-126	99-104
XXXL	127-135	105-111