Follow this simple size guide before placing your order

## X-RX WRIST-SUPPORT

**5MM** Strong Support | Unisex | Sold Individually All-around support for heavier training

SIZE	CM	IN
	15-16.5	5.9-6.5
М	16.5-18	6.5-7.1
	18-19.5	
XL	19.5-22	7.7-8.7
Keep the w neutral pos and measu circumferer around the joint.	ition re the nce	

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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

# X-RX ELBOW-SUPPORT

**7MM** Strong Support | Unisex | Sold Individually All-around support for heavier training

. \	SIZE	СМ	IN
<b>\</b> \ \.	S	24-26	9.4-10.2
	М	26-28	10.2-11
		28-30	11-11.8
Keep the elbow slightly (30°) bent and measure	XL	30-32	11.8-12.6
the circumference around the elbow joint.	XXL	32-34	12.6-13.4

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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### X-RX LIFTING-BELT

Strong Support | Unisex | Sold Individually All-around support for heavy training

+4	SIZE	CM	IN
VEV		69-81	27.2-31.9
(100)	М	80-92	31.5-36.2
( / )	L	91-103	35.8-40.5
1 11 / 1 11 1	XL	102-114	40.1-44.9
In standing position, measure the circumference around the widest part of the stomach.			

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# **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### X-RX BACK-SUPPORT

**7 & 5MM** Strong Support | Unisex | Sold Individually All-around support for heavier training

	SIZE M	CM 72-80 80-90	IN 28.3-31.5 31.5-35.4
In standing position, measure the circumference around the widest part of the stamach.	XL XXL XXXL	90-100 100-110	35.4-39.4 39.4-43.3 43.3-47.2

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# **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

# X-RX KNEE-SUPPORT

**7 MM** Strong Support | Unisex | Sold Individually All-around support for heavier training

	SIZE	CM	IN
_ )	S	33-35	13-13.8
ンソ	M	35-37	13.8-14.6
	L	37-40	14.6-15.7
<b>\</b> /	XL	40-43	15.7-16.9
Keep the knee slightly (30°) bent and measure	XXL	43-46	17-18.1
circumference 10 cm below the patella.			

# **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

# UD X-STABLE BACK-SUPPORT

**5MM** Strong Support | Unisex | Sold Individually Support for training and endurance

+4	SIZE	CM	IN
WEW	S	64-72	25.2-28.3
(10.01)	М	72-80	28.3-31.5
$(I \land I)$	L	80-90	31.5-35.4
	XL	90-100	35.4-39.4
In standing position, measure the circumference	XXL	100-110	39.4-43.3
around the widest part of the stomach.			

Follow this simple size guide before placing your order

# **UD WRIST-SUPPORT**

**5 & 3MM** Strong Support | Unisex | Sold Individually Support for training and endurance



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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **UD RUNNER'S KNEE/ITBS-TIGHTS MEN**

**2MM** Light Support | Sold Individually All-around support for endurance training

1 = 1	SIZE	СМ	IN
VEV	S	90-96	35.4-37.8
TOO W	М	96-102	37.8-40.1
		102-108	40.1-42.5
	XL	108-114	42.5-44.9
In standing position, measure the circum-	XXL	114-120	44.9-47.2
ference around the hips.			

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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **UD STABLE KNEE-SUPPORT**

**5 & 3.5MM** Strong Support | Unisex | Sold Individually All-around support for training and endurance

	SIZE	CM	IN
$\sim$ .)	XS		12.2-13
7 1		33-35	13-13.8
	М	35-37	13.8-14.6
\ /		37-40	14.6-15.7
Keep the knee slightly (30°) bent and measure	XL	40-43	15.7-16.9
circumference 10 cm	XXL	43-46	16.9-18.1

## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **UD PATELLA STABILIZING KNEE-SUPPORT**

**3MM** Medium Support | Unisex | Sold Individually All-around support for training and endurance

	SIZE	CM	IN
\		33-35	13-13.8
$\searrow$ .)	M	35-37	13.8-14.6
# 1		37-40	14.6-15.7
	XL	40-43	15.7-16.9
\ /	XXL	43-46	17-18.1

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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **UD RUNNER'S KNEE/ITBS-TIGHTS WOMEN**

**2MM** Light Support | Sold Individually All-around support for endurance training



## **HOW TO FIND YOUR SIZE**

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## **UD LACE-UP ANKLE-SUPPORT**

Medium Support | Unisex | Sold Individually Strong support for athletes

SIZE	CM	IN	
XS	25.5-28.0	10-11	
	28.0-30.5	11-12	Place the sole on the floor and measure
М	30.5-33.0	12-13	the circumference
	33.0-35.5	13-14	around the ankle.
	35.5-38.0	14-15	

Follow this simple size guide before placing your order

# **UD KNEE-STRAP JUNIOR**

Light Support | Unisex | Sold Individually All-around support for athletes

SIZE	СМ	IN
one size	21-27	8.3-10.6
Additional larger : UD Knee-Strap.	sizes are availal	ole in the:
Keep the knee sli (30°) bent and m circumference 10 below the patella.	easure I cm	+

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# **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

# UD KNEE-SLEEVE PATELLA OPENING

**5MM** Medium Support | Unisex | Sold Individually All-around support for training and endurance

	SIZE	CM	IN
$\sim$ $\sim$	XS	31-33	12.2-13
Z 1	S	33-35	13-13.8
	М	35-37	13.8-14.6
l /		37-40	14.6-15.7
Keep the knee slightly (30°) bent and measure	XL	40-43	15.7-16.9
circumference 10 cm below the patella.	XXL	43-46	16.9-18.1

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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **UD KNEE-STRAP**

Light Support | Unisex | Sold Individually All-around support for athletes



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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **UD ELBOW-SLEEVE**

**3MM** Medium Support | Unisex | Sold Individually All-around support for training and endurance

	6175	<b></b>	
\	SIZE	CM	IN
// /_		24-26	9.4-10.2
	М	26-28	10.2-11
		28-30	11-11.8
Keep the elbow slightly (30°) bent and measure	XL	30-32	11.8-12.6
	XXL	32-34	12.6-13.4
the elbow joint.			

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# **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

# UD KNEE-SLEEVE PATELLA OPENING JUNIOR

**5MM** Medium Support | Unisex | Sold Individually All-around support for athletes

\	SIZE	CM	IN
$\sim$ .)		26-28	10-11.5
Z 1	М	28-30	11.2-11.8
		30-32	11.8-12.5
\ /			
Keep the knee slightly (30°) bent and measure			
circumference 10 cm below the patella.			

# **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

# **UD ACHILLES-SUPPORT**

**1.5MM** Light Support | Unisex | One pair

	SIZE	CM	IN
)	XS	32-34	12.6-13.4
III	S	34-36	13.4-14.2
	М	36-38	14.2-15
		38-41	15-16.1
Keep the knee slightly (30°) bent and measure circumference ground	XL	41-44	16.1-17.3
widest part of calf.			

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# **RX WRIST-SUPPORT**

**5MM** Strong Support | Unisex | Sold as a pair All-around support for heavier training

SIZE	CM	IN
	15-16.5	5.9-6.5
М	16.5-18	6.5-7.1
	18-19.5	
XL	19.5-22	7.7-8.7
Keep the s neutral po- and measi circumfere around the joint.	sition ure the ince	

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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### RX ORIGINAL V KNEE-SLEEVE

**7MM** Strong Support | Unisex | Sold Individually All-around support for heavier training

	SIZE	CM	IN
_ ()	XS	31-33	12.2-13
Z 1	S	33-35	13-13.8
	М	35-37	13.8-14.6
\ /	L	37-40	14.6-15.7
Keep the knee slightly (30°) bent and measure	XL	40-43	15.7-16.9
circumference 10 cm below the patella.	XXL	43-46	17-18.1

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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **RX THUMB-SLEEVE**

Protection for hook grip | Sold as a pair



## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **RX ORIGINAL KNEE-SLEEVE**

**7MM** Strong Support | Unisex | Sold Individually All-around support for heavier training

\	****	100000	
	SIZE	CM	IN
> \)		33-35	13-13.8
# J	М	35-37	13.8-14.6
		37-40	14.6-15.7
Keep the knee slightly	XL	40-43	15.7-16.9
(30°) bent and measure circumference 10 cm	XXL	43-46	17-18.1
below the patella.			

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# **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

## **RX SHIN & CALF-SLEEVE**

**5MM** Medium Support | Unisex | Sold Individually All-around support for athletes

	SIZE	CM	IN
$\sim$ .)	XS	32-34	12.6-13.4
I $I$	S	34-36	13.4-14.2
	М	36-38	14.2-15
1 <i>T</i>		38-41	15-16.1
Keep the knee slightly (30°) bent and measure circumference around widest part of calf.	XL	41-44	16.1-17.3

# **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

## **RX ORIGINAL ELBOW-SLEEVE**

5MM Strong Support | Unisex | Sold Individually

	room.		1000
. \	SIZE	CM	IN
\\ \ <u>\</u>	S	24-26	9.4-10.2
	М	26-28	10.2-11
		28-30	11-11.8
Keep the elbow slightly (30°) bent and measure	XL	30-32	11.8-12.6
	XXL	32-34	12.6-13.4
the elbow joint.			



Follow this simple size guide before placing your order

#### **RX KNEE-SLEEVE POWER MAX**

**7MM** Strong Support | Unisex | Sold Individually All-around support for heavier training

\	CITE	cu.	IN
	SIZE	CM	IN
· 🔪 、)	XS	31-33	12.2-13
Z 1		33-35	13-13.8
	М	35-37	13.8-14.6
\	L	37-40	14.6-15.7
Keep the knee slightly (30°) bent and measure	XL	40-43	15.7-16.9
circumference 10 cm below the patella.	XXL	43-46	17-18.1

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## **HOW TO FIND YOUR SIZE**

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## **RX KNEE-SLEEVE**

**5MM** Medium Support | Unisex | Sold Individually All-ground support for athletes

	SIZE	CM	IN
_ ( )	XXS	29-31	11.4-12.2
Z 1	XS	31-33	12.2-13
		33-35	13-13.8
\ / /	М	35-37	13.8-14.6
Keep the knee slightly		37-40	14.6-15.7
(30°) bent and measure		40-43	15.7-16.9
circumference 10 cm below the patella.	XXL	43-46	17-18.1

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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### RX KNEE-SLEEVE JUNIOR

**5MM** Medium Support | Unisex | Sold Individually All-around support for athletes

	SIZE	СМ	IN
_ )		26-28	10-11.5
	М	28-30	11.2-11.8
17		30-32	11.8-12.5
Keep the knee slightly to bent and measure circumference 10 cm b the patella.			

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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **RX KNEE-SLEEVE**

**3MM** Light Support | Unisex | Sold Individually All-around support for endurance training

XXS	29-31	11.4-12.2
XS	31-33	12.2-13
	33-35	13-13.8
М	35-37	13.8-14.6
	37-40	14.6-15.7
XL	40-43	15.7-16.9
XXL	43-46	17-18.1
	5 M - KL	33-35 M 35-37 - 37-40 KL 40-43

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# **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

## **RX KNEE-SLEEVE**

**7 MM** Strong Support | Unisex | Sold Individually All-around support for heavier training

	20210		
	SIZE	CM	IN
$\sim$ $\sim$	XXS	29-31	11.4-12.2
41	XS	31-33	12.2-13
		33-35	13-13.8
\ / /	М	35-37	13.8-14.6
Keep the knee slightly (30°) bent and measure		37-40	14.6-15.7
	XL	40-43	15.7-16.9
circumference 10 cm below the patella.	XXL	43-46	17-18.1

# **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

# **RX BACK-SUPPORT**

**7MM** Strong Support | Unisex | Sold Individually All-around support for heavier training

1	SIZE	CM	IN
WEW		64-72	25.2-28.3
(7000)	М	72-80	28.3-31.5
( // )		80-90	31.5-35.4
	XL	90-100	35.4-39.4
In standing position, measure the circumference	XXL	100-110	39.4-43.3
around the widest part of the stomach.			

Follow this simple size guide before placing your order

## **QD THIGH-SUPPORT**

**5MM** Medium Support | Unisex | Sold Individually All-around support for training and endurance

×	SIZE	СМ	IN
7	XS	45-48	17.7-18.9
		48-51	18.9-20.1
71	М	51-54	20.1-21.3
Keep the knee slightly	L	54-57	21.3-22.4
(30°) bent and measure circumference around the	XL	57-61	22.4-24
widest part of the thigh.	XXL	61-65	24-25.6

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#### **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **QD THERMAL ZONE-TOP MEN**

**2MM** Sold Individually All-around support for athletes

	SIZE	СМ	IN
Stegman 1		92-96	37-38.5
/ Va. 20/ /	М	96-102	38.5-40
1 11 11 11		102-108	40-42.5
Measure the circum- ference of the widest	XL	108-114	42.5-44.8
part of the chest.	XXL	114-122	44.8-48

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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **QD THIGH-SUPPORT**

**3MM** Light Support | Unisex | Sold Individually All-around lightweight support for athletes

<b>&gt;</b>	SIZE	СМ	IN
	XS	46-48	18.1-18.9
		48-50	18.9-19.7
71	М	50-52	19.7-20.5
Keep the knee slightly		52-54	20.5-21.3
(30°) bent and measure circumference ground the	XL	54-56	21.3-22
widest part of the thigh.			

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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **QD THERMAL ZONE-SHORTS WOMEN**

2MM Sold Individually
All-around support for athletes

1 - 1	SIZE	CM	IN
MEN	XS	84-90	33-35
	S	90-96	35-37.7
\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	М	96-102	37.7-40
	L	102-108	40-42.5
In standing position, measure the circumfer-	XL	108-114	42.5-44.8
ence around the hips.			

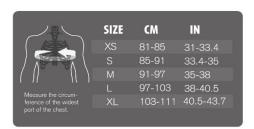
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## **HOW TO FIND YOUR SIZE**

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#### **QD THERMAL ZONE-TOP WOMEN**

2MM Sold Individually All-around support for athletes



# **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **QD THERMAL ZONE-SHORTS MEN**

**2MM** Sold Individually All-around support for athletes

-8-	SIZE	CM	IN
MEM		90-96	35-37
7007	М	96-102	37-40
$\Lambda$		102-108	40-42.5
In standing position,	XL	108-114	42.5-44.8
measure the circumference around the hips.	XXL	114-120	44.8-47





Follow this simple size guide before placing your order

#### **QD THERMAL-SHORTS**

 $\begin{tabular}{ll} \textbf{1.5MM} & Light Support & Unisex & Sold Individually \\ & All-around support for athletes \\ \end{tabular}$ 

	SIZE	CM	IN
V	XS	60	23.6
(1000)		70	27.6
(	М	80	31.5
1 / / / /	L	90	35.4
In standing position, measure the circumference	XL	100	39.4
around the widest part of the stomach.	*XXL	110	43.3

\*Red and White not available in XXL

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## **HOW TO FIND YOUR SIZE**

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#### **QD SHIN & CALF-SLEEVE**

**1.5 & 3MM** Light Support | Unisex | Sold Individually All-around support for athletes

	SIZE	CM	IN
$\sim$ .)	XS	32-34	12.6-13.4
II	S	34-36	13.4-14.2
	М	36-38	14.2-15
I T		38-41	15-16.1
Keep the knee slightly (30°) bent and measure circumference around widest part of calf.	XL	41-44	16.1-17.3

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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **QD SHOULDER-SUPPORT**

**3MM** Medium Support | Unisex | Sold Individually Support for training and endurance

		SIZE	СМ	IN
F-30	, (		27-29	10.6-11.4
(1)	() )	М	29-31	11.4-12.2
1 /1	11 1		31-33	12.2-13
Measure the a around the wide biceps.		XL	33-35	13-13.8

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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **QD PRONATION-SUPINATION-WEDGE**

Unisex | One pair

	EURO	UK	US MEN	US WOMEN	MONDO- POINT
1	37-38	4-5.5	5-6.5	6-7.5	23.5-24
2	39-40	6-7.5	7-7.5	8-9.5	25-25.5
3	41-42	8-9.5	8-9.5	10-11.5	26.5-27
4	43-44	10-11.5	10-11.5	12-13.5	28-28.5
5	45-46	12-12.5	12-13	14-15.5	29.5-30.5

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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

## **QD SHIN & CALF-SLEEVE**

5MM Medium Support | Unisex | Sold Individually

	SIZE	СМ	IN
_ \		34-36	13.4-14.2
71	М	36-38	14.2-15
<b>★</b> ⊿		38-41	15-16.1
	XL	41-44	16.1-17.3
1 1	XXL	44-47	17.3-18.5
Keep the knee slightly around widest part of a		nd measure cir	cumference

# **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

## **QD MULTI-PAD**

Unisex | One pair

	EURO	UK	US MEN	US WOMEN	MONDO- POINT
SMALL	35-39	3-6	3.5-7	4-8.5	22-25
MEDIUM	40-43	6-9	6.5-9.5	9-12	25.5-28
LARGE	44-48		10-13.5	12-14.5	28.5-32





Follow this simple size guide before placing your order

## **QD METATARSAL-PAD**

Unisex | One pair

	EURO	UK	US MEN	US WOMEN	MONDO- POINT
SMALL	35-39	3-6	3.5-7	4-8.5	22-25
MEDIUM	40-43	6-9	6.5-9.5	9-12	25.5-28
LARGE	44-48		10-13.5	12-14.5	28.5-32

## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **QD KNITTED ELBOW-SLEEVE**

Light Support | Unisex | Sold Individually All-around support for athletes





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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **QD KNITTED WRIST-SUPPORT**

Light Support | Unisex | Sold Individually All-around support for athletes

SIZE	CM	IN
	15-16	5.9-6.3
М	17-18	6.7-7.1
	19-20	7.5-7.9
Keep the neutral po and meas circumfere around the joint.	sition ure the ence	

## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **QD KNITTED BACK-SUPPORT**

Light Support | Unisex | Sold Individually All-around support for athletes



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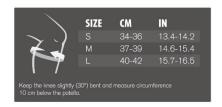


# **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

## **QD KNITTED KNEE-SLEEVE**

Light Support | Unisex | Sold Individually All-around support for athletes



# **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

## **QD KNITTED ANKLE-SUPPORT**

Light Support | Unisex | Sold Individually All-around support for athletes







Follow this simple size guide before placing your order

## **QD KNEE-SLEEVE**

**3MM** Light Support | Unisex | Sold Individually All-around lightweight support for athletes

	SIZE	CM	IN
( 、、)	XS	28-30	11-11.8
Z 1		30-33	11.8-13
	М	33-36	13-14.2
\ \ /		36-39	14.2-15.4
Keep the knee slightly (30") bent and measure		39-42	15.4-16.5
circumference 10 cm below the patella.			

## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

## **QD HEEL CUP SILICONE**

Unisex | One pair

	EURO	UK	US MEN	US WOMEN	MONDO- POINT
SMALL	35-39	3-6	3.5-7	4-8.5	22-25
MEDIUM	40-43	6-9	6.5-9.5	9-12	25.5-28
LARGE	44-48		10-13.5	12-14.5	28.5-32

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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **QD HEEL-WEDGE**

Unisex | One pair

	EURO	UK	US MEN	US WOMEN	MONDO- POINT
SMALL	35-39	3-6	3.5-7	4-8.5	22-25
MEDIUM	40-43	6-9	6.5-9.5	9-12	25.5-28
LARGE	44-48		10-13.5	12-14.5	28.5-32

## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **QD GEL-INSOLE**

Unisex | One pair

EURO	UK	US MEN	US WOMEN	MONDO- POINT
35-36	2-3.5	3.5-4.5	4-5.5	22-22.5
37-38	4-5.5	5-6.5	6-7.5	23.5-24
39-40	6-7.5	7-7.5	8-9.5	25-25.5
41-42	8-9.5	8-9.5	10-11.5	26.5-27
43-44	10-11.5	10-11.5	12-13.5	28-28.5
45-46	12-12.5	12-13	14-15.5	29.5-30.5
47-48	13-14.5			

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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

# **QD HEEL CUP SOFT SILICONE**

Unisex | One pair

	EURO	UK	US MEN	US WOMEN	MONDO- POINT
SMALL	35-39	3-6	3.5-7	4-8.5	22-25
MEDIUM	40-43	6-9	6.5-9.5	9-12	25.5-28
LARGE	44-48		10-13.5	12-14.5	28.5-32

# **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

## **QD FOREARM-SLEEVE**

1.5MM Light Support | Unisex | One pair

SIZE	CM	IN
S	15-16.5	5.9-6.2
М	16.5-18	6.2-7
	18-19.5	7-8.2
Measuremer	nt around the wrist jo	

Follow this simple size guide before placing your order

## **QD ELBOW-SLEEVE**

**3MM** Medium Support | Unisex | Sold Individually All-around support for athletes

\	SIZE	CM	IN
11 1	XS	21-23	8.3-9.1
11 1		23-25	9.1-9.8
	М	25-28	9.8-11
•		28-31	11-12.2
Keep the elbow slightly (30°) bent and measure the circumference ground	XL	31-33	12.2-13
the elbow joint.			

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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **QD COMPRESSION-TIGHTS WOMEN**

Sold Individually Compression garments for athletes

1 - 1	SIZE	CM	IN
THE PY	XS	84-90	33-35
	S	90-96	35-37.7
	М	96-102	37.7-40
$A \cup A \cup A$	L	102-108	40-42.5
In standing position, measure the circumfer- ence around the hips.	XL	108-114	42.5-44.8

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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **QD COMPRESSION-TOP WOMEN**

Sold Individually Compression garments for athletes

	SIZE	CM	IN
	XS	81-85	31-33.4
		85-91	33.4-35
/ //~ ~(\ \	М	91-97	35-38
Measure the circum-		97-103	38-40.5
ference of the widest part of the chest.	XL	103-111	40.5-43.7

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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **QD COMPRESSION-TIGHTS MEN**

Sold Individually
Compression wear for athletes

	SIZE	CM	IN
1000	S	90-96	35.4-37.8
7007	М	96-102	37.8-40.1
(	L	102-108	40.1-42.5
In standing position, mea-	XL	108-114	42.5-44.9
sure the circumference around the hips.	XXL	114-120	44.9-47.2
around the Hips.			

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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

## **QD COMPRESSION-TOP MEN**

Sold Individually Compression garments for athletes

	SIZE	CM	IN
		86-92	33.8-36.2
Con and a second	М	92-98	36.2-38.6
/ Varial /		98-104	38.6-40.9
1 // 10 1	XL	104-110	40.9-43.3
Measure the circum- ference of the widest	XXL	110-116	43.3-45.7
part of the chest.	XXXL	116-122	45.7-48

# **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

## **QD COMPRESSION-SOCKS**

Unisex | One pair Compression garments for athletes

	EURO	UK	US MEN	US WOMEN
X-SMALL	35-37	2.5-4	3-5	4.5-6
SMALL	37-39	4-6	5-6.5	6-8
MEDIUM	39-41	6-7	6.5-8	8-9.5
LARGE	41-43	7-8.5	8-9.5	9.5-11
X-LARGE	43-46	8.5-11	9.5-12	11-13.5





Follow this simple size guide before placing your order

#### **QD COMPRESSION SHORTS BLUE**

Sold Individually All-around support for athletes

1.8.1	SIZE	CM	IN
MEM	S	90-96	35-37
700	М	96-102	37-40
( / / )		102-108	40-42.5
In standing position,	XL	108-114	42.5-44.8
measure the circumference around the hips.	XXL	114-120	44.8-47

## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **QD BONE SPUR-PAD**

Unisex | One pair

	EURO	UK	US MEN	US WOMEN	MONDO- POINT
SMALL	35-39	3-6	3.5-7	4-8.5	22-25
MEDIUM	40-43	6-9	6.5-9.5	9-12	25.5-28
LARGE	44-48		10-13.5	12-14.5	28.5-32



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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **QD COMPRESSION CALF-SLEEVES**

Unisex | One pair Compression garments for athletes

SIZE	CM	IN
S/M	34-38	13.4-15
L/XL	38-43	15-16.9
XXL/ XXXL	43-49	16.9-19.3
	ee slightly (30°) b e around widest	ent and measure part of calf.

## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **QD BACK-SUPPORT**

**3MM** Light Support | Unisex | Sold Individually All-around lightweight support for athletes

	SIZE	CM	IN
2000		64-72	25.2-28.3
Λ )	М	72-80	28.3-31.5
		80-90	31.5-35.4
In standing position, measure the circumference around the widest part of the stomach.	XL	90-100	35.4-39.4

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# **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

## **QD COMPRESSION ARM-SLEEVES**

Unisex | One pair Compression garments for athletes

SIZE	CM	IN
S/M	27-31	10.6-12.2
L/XL	31-35	12.2-13.8
XXL/XXXL	35-39	13.8-15.3

# **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

# **QD BACK-SUPPORT**

5MM Light Support | Unisex | Sold Individually

+4	SIZE	CM	IN
WEW		64-72	25.2-28.3
(10.01)	М	72-80	28.3-31.5
( // )		80-90	31.5-35.4
1 11 / 1 11 1	XL	90-100	35.4-39.4
In standing position, measure the circumference around the widest part of the stomach.	XXL	100-110	39.4-43.3

Follow this simple size guide before placing your order

## **QD ARCH-SUPPORT**

Unisex | One pair

	EURO	UK	US MEN	US WOMEN	MONDO- POINT
SMALL	35-39	3-6	3.5-7	4-8.5	22-25
MEDIUM	40-43	6-9	6.5-9.5	9-12	25.5-28
LARGE	44-48		10-13.5	12-14.5	28.5-32

## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### PRN ORIGINAL KNEE-PADS JUNIOR

**3MM** Medium Support | Unisex | One pair Protection for contact sports

	CITE	<b>C11</b>	IN
	SIZE	CM	IN
Z 1		26-27	10.2-10.6
	М	27-28	10.6-11
\		28-30	11-11.8
Keep the knee slightly (30") bent and measure circumference 10 cm below the patella.	XL	30-32	11.8-12.6



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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **QD ANKLE-SUPPORT**

**5 & 3MM** Medium Support | Unisex | Sold Individually All-around support for training and endurance

	EURO	UK	US MEN	US WOMEN
X-SMALL	35-37	2.5-4	3-5	4.5-6
SMALL	37-39	4-6	5-6.5	6-8
MEDIUM	39-41	6-7	6.5-8	8-9.5
LARGE	41-43	7-8.5	8-9.5	9.5-11
X-LARGE	43-46	8.5-11	9.5-12	11-13.5

## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### PRN ORIGINAL KNEE-PAD

**7MM** Medium Support | Unisex | Sold Individually Protection for contact sports

	SIZE	СМ	IN
	XS	31-33	12.2-13
7		33-35	13-13.8
	М	35-37	13.8-14.6
		37-40	14.6-15.7
Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.		40-43	15.7-16.9
	XXL	43-46	16.9-18.1



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# **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

# **QD ANKLE-SUPPORT**

**3 & 1.5MM** Light Support | Unisex | Sold Individually All-around lightweight support for training

SIZE	CM	IN	
XS	19-20	7.4-7.9	
	20-22	7.9-8.7	
М	22-24	8.7-9.4	
	24-26	9.4-10.2	
XL	26-28	10.2-11	
Place the sole on the floor and measure the circumference around the instep.			

# **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### PRN ORIGINAL ELBOW-PAD JUNIOR

**3MM** Medium Support | Unisex | Sold Individually



Follow this simple size guide before placing your order

## PRN ORIGINAL ELBOW-PAD

**3MM** Medium Support | Unisex | Sold Individually Protection for contact sports

. \	SIZE	CM	IN
	S	24-26	9.4-10.2
	М	26-28	10.2-11
		28-30	11-11.8
Keep the elbow slightly (30°) bent and measure the circumference around the elbow joint.	XL	30-32	11.8-12.6
	XXL	32-34	12.6-13.4

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## **HOW TO FIND YOUR SIZE**

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## **PRN KNEE-PAD**

**7MM** Medium Support | Unisex | Sold Individually Protection for contact sports

	SIZE	CM	IN
	XS	31-33	12.2-13
4	S	33-35	13-13.8
Keep the knee slightly (30") bent and measure circumference 10 cm below the patella.	М	35-37	13.8-14.6
		37-40	14.6-15.7
	XL	40-43	15.7-16.9
	XXL	43-46	17-18.1

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## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### PRN KNEE-PADS JUNIOR

5MM Medium Support | Unisex | One pair



## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### **PRN KNEE-PAD**

5MM Medium Support | Unisex | Sold Individually Protection for contact sports

	SIZE	CM	IN
Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.	XS	31-33	12.2-13
	S	33-35	13-13.8
	М	35-37	13.8-14.6
		37-40	14.6-15.7
	XL	40-43	15.7-16.9
	XXL	43-46	17-18.1

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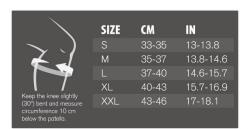
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# **HOW TO FIND YOUR SIZE**

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## **PRN KNEE-PAD**

Medium Support | Unisex | Sold Individually

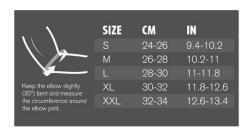


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# **PRN ELBOW-PAD SPEED**

**7 MM** Medium Support | Unisex | Sold Individually Protection for contact sports





## **HOW TO FIND YOUR SIZE**

Follow this simple size guide before placing your order

#### PRN ELBOW-PAD SPEED JUNIOR

Medium Support | Unisex | Sold Individually Protection for contact sports



