



## HAND GLOVE SIZING CHART

### STEP 1

Verify that this print out is to scale: the line below should measure 2 inches long



### STEP 2

Place your hand on the sizing chart with the "V" of your thumb at the arrow

### STEP 3

Identify which size your index finger lands upon

**NOTE:** Please keep in mind when finding size, that gloves should fit snug, like a comfortable second skin

XX-LARGE

X-LARGE

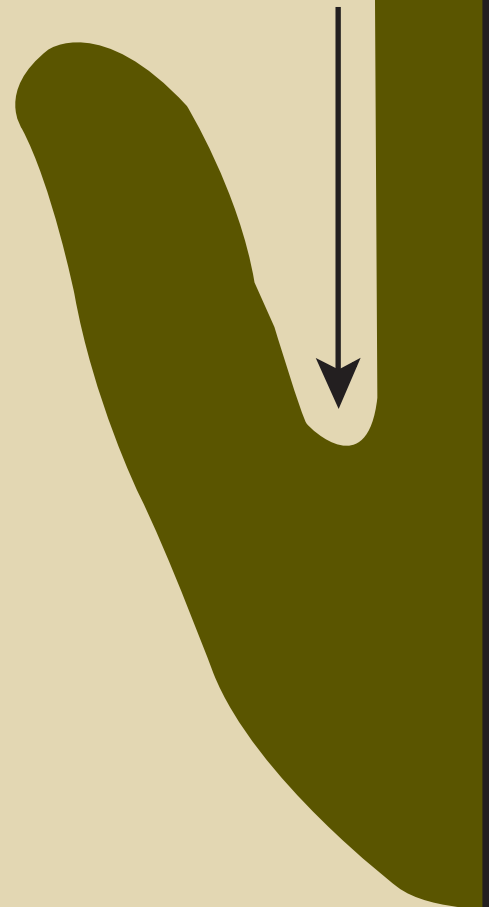
LARGE

MEDIUM

SMALL

X-SMALL

Place "V" between thumb and finger here



## FOOT GLOVE SIZING CHART

### WOMEN

SHOE SIZE	YOGA FOOT GLOVE SIZE
5 - 6.5	X-SMALL
6.5 - 7.5	SMALL
8 - 9.5	MEDIUM
10 - 11.5	LARGE
12 - 13.5	X-LARGE
13.5 - UP	XX-LARGE

### MEN

SHOE SIZE	YOGA FOOT GLOVE SIZE
5 - 6	X-SMALL
6 - 7	SMALL
7.5 - 8.5	MEDIUM
9 - 10.5	LARGE
11 - 12.5	X-LARGE
13 - UP	XX-LARGE