

Size #	Size	Bicep	Elbow Joint
XX=10	XS	13" - 15.5"	11" - 12.75"
XX=20	S	15.5" - 18"	12.75" - 14.5"
XX=30	M	18" - 19.5"	14.5" - 15.25"
XX=35	M+	19.5" - 21"	15.25" - 16.25"
XX=40	L	21" - 24"	16.25" - 18"

Circumference taken at mid-bicep and elbow