



SIZE CHARTS *in centimeters*

HAND GRIPS (GK32 Velcro® Hand Grips, GK56 Reisport Ladies Uneven Grip-Velcro®, GK57 Reisport Ladies Uneven Grip-Buckle)

GK32	
SIZE	LENGTH OF PALM
XS	up to 6.4
S	6.4-7.6
M	7.6-8.9
L	7.9-10.2
XL	10.2 and up

GK56 & GK57	
SIZE	LENGTH OF PALM
XXS	up to 14.0
XS	14.0-15.2
S	15.2-16.5
M	16.5-18.4
L	18.4 and up

HOW TO MEASURE GK32

Measure from the base of the palm of the hand to the base of the middle finger.

HOW TO MEASURE GK56 & GK57

Measure from the base of the palm of the hand to the tip of the middle finger.