



# SIZE CHARTS *in inches*

**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 2.5
S	2.5-3
M	3-3.5
L	3.5-4
XL	4 and up

GK56 & GK57	
SIZE	LENGTH OF PALM
XXS	up to 5.5
XS	5.5-6
S	6-6.5
M	6.5-7.25
L	7.25 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.