

PANTS

Measure the width of the waist on your regular street pants and multiply by 2. Then refer to the chart. Example: 16" x 2 = 32" or size 32. Note that ratchet buckle and side waist adjusters (on most models) will cinch up an additional 3" of waist size to fine tune the fit.

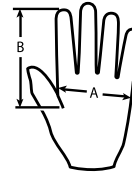
MEN'S WAIST	MX PANT SIZE	INSEAM LENGTH
26" - 27 ^{1/2} "	26	26 ^{-1/2} "
28" - 29 ^{1/2} "	28	27 ^{-1/4} "
30" - 31 ^{1/2} "	30	28"
32" - 33 ^{1/2} "	32	28 ^{-3/4} "
34" - 35 ^{1/2} "	34	29 ^{-1/2} "
36" - 37 ^{1/2} "	36	30 ^{-1/4} "
38" - 39 ^{1/2} "	38	31"
40" - 41 ^{1/2} "	40	31 ^{-1/2} "
42" - 43 ^{1/2} "	42	32"
44" - 45 ^{1/2} "	44	32 ^{-1/2} "
46" - 47 ^{1/2} "	46	33"
48" - 49 ^{1/2} "	48	33 ^{-1/2} "
50" - 51 ^{1/2} "	50	34"
WOMEN'S WAIST	MX PANT SIZE	INSEAM LENGTH
24" - 25 ^{1/2} "	2	25 ^{1/2} "
26" - 27 ^{1/2} "	4	26 ^{1/4} "
28" - 29 ^{1/2} "	6	27"
30" - 31 ^{1/2} "	8	27 ^{3/4} "
32" - 33 ^{1/2} "	10	28 ^{1/2} "
34" - 35 ^{1/2} "	12	29 ^{1/8} "
36" - 37 ^{1/2} "	14	29 ^{3/4} "
YOUTH WAIST	MX PANT SIZE	INSEAM LENGTH
16" - 17 ^{1/2} "	16	15 ^{1/2} "
18" - 19 ^{1/2} "	18	17 ^{1/2} "
20" - 21 ^{1/2} "	20	19 ^{1/2} "
22" - 23 ^{1/2} "	22	20 ^{1/2} "
24" - 25 ^{1/2} "	24	21 ^{1/2} "
26" - 27 ^{1/2} "	26	23 ^{1/2} "
28" - 29 ^{1/2} "	28	24 ^{1/2} "

GLOVES

Measure the width of your palm "A" about 1" below the base of your fingers (about 3/4" for kids) and the length from the tip of your index finger to the base of your thumb "B" and match measurements to sizes listed on the chart. This is for reference only. Glove fit can be a personal preference as you may prefer a tighter or looser fit.

MEN'S - A&B GLOVE SIZE

3 ^{5/8} " & 4 ^{3/8} "	SM
3 ^{3/4} " & 4 ^{1/2} "	MD
3 ^{7/8} " & 4 ^{5/8} "	LG
4" & 4 ^{3/4} "	XL
4 ^{1/8} " & 4 ^{7/8} "	2XL



WOMEN'S - A&B GLOVE SIZE

3 ^{1/8} " & 4"	SM
3 ^{1/4} " & 4 ^{1/8} "	MD
3 ^{3/8} " & 4 ^{1/4} "	LG
3 ^{1/2} " & 4 ^{3/8} "	XL

YOUTH - A&B GLOVE SIZE

2 ^{3/8} " & 2 ^{3/4} "	Y-XXS
2 ^{1/2} " & 2 ^{7/8} "	Y-XS
2 ^{5/8} " & 3"	Y-SM
2 ^{3/4} " & 3 ^{1/8} "	Y-MD
2 ^{7/8} " & 3 ^{1/4} "	Y-LG
3" & 3 ^{3/8} "	Y-XL
X-Large(18-20)	XL

JERSEYS

Compare one of your t-shirts with the corresponding size chart below. Choose the same size jersey as you would for a t-shirt. Note that jerseys typically run larger for a loose, unrestricted fit.

MEN'S TEE JERSEY SIZE

Small	SM
Medium	MD
Large	LG
X-Large	XL
2X-Large	2XL
3X-Large	3XL

WOMEN'S TEE JERSEY SIZE

Small	SM
Medium	MD
Large	LG
X-Large	XL
2X-Large	2XL

YOUTH TEE JERSEY SIZE

Small(6-8)	SM
Medium(10-12)	MD
Large(14-16)	LG
X-Large(18-20)	XL

HELMETS

Using a tape-measure, measure the circumference of your head just above the ears and across the forehead. Refer to the size chart for proper helmet size. Example: Head circumference measures 22-3/4" = Adult medium helmet.

ADULT HEAD HELMET SIZE

20-3/8" - 21-1/8"	XS
21 ^{1/4} " - 22"	SM
22 ^{1/8} " - 22 ^{7/8} "	MD
23" - 23 ^{3/4} "	LG
23 ^{7/8} " - 24 ^{5/8} "	XL
24 ^{3/4} " - 25 ^{3/8} "	XXL

YOUTH HEAD HELMET SIZE

18 ^{1/2} " - 19 ^{1/8} "	Youth small
19 ^{1/4} " - 19 ^{7/8} "	Youth medium
20" - 20 ^{1/2} "	Youth large

HOW TO FIT A HELMET AND RETENTION SYSTEM:

The best way to put on a helmet is to hold the chin straps to each side before pulling it over your head. Pass the end of the strap through the D-rings and pull it snug. Keeping your head straight, rotate the helmet from side to side with your hands. If the helmet is adjusted properly, you should feel the movement of your scalp closely match the helmet's movement. With your hands on the sides of the helmet, move the helmet in a slight up and down motion. Once again, the movement of your skin should follow the helmet movement. To remove the helmet, pull the D-ring tab outward to release strap tension, then unthread the chin strap. Pull the chin straps outward, rotate the helmet forward and lift it off.

PLEASE NOTE:

- No helmet can protect the user against all foreseeable impacts.
- For maximum protection, the helmet must provide adequate peripheral vision.
- All retention straps (chin straps) must be securely fastened.
- The helmet can be seriously damaged by some common substances with damage being invisible to the user.
- Apply only mild soap and water for cleaning.
- Make no modifications to the helmet. If the helmet experiences a severe blow, please replace it.