

## Instructions

Measure the length of your palm from the beginning to the end of the middle finger.
(Use a tape measure, you can also print this page and use the CM measure bar on the left.)

| SIZE | CM | IN |
| :---: | :---: | :---: |
| SIZE 4 | 15 | 5.9 |
| SIZE 5 | 15.5 | 6.1 |
| SIZE 6 | 16 | 6.3 |
| SIZE 7 | 17 | 6.7 |
| SIZE 8 | 18 | 7 |
| SIZE 9 | 19 | 7.5 |
| SIZE 10 | 20 | 7.8 |



