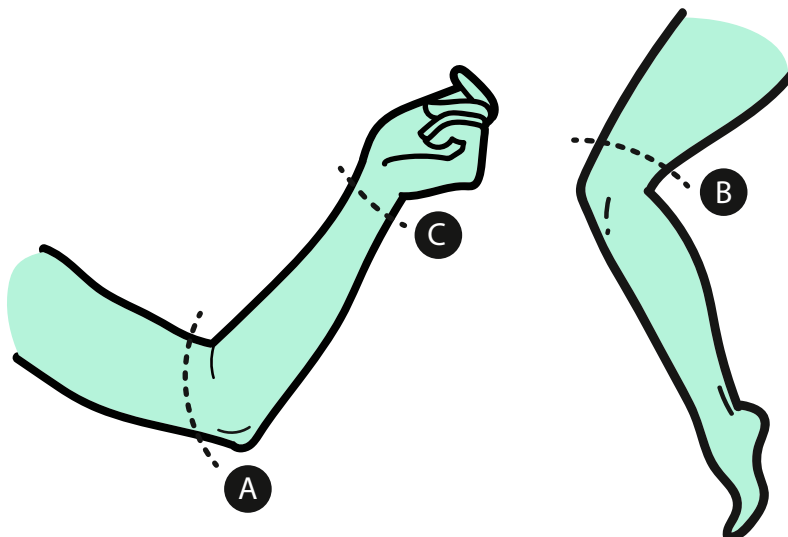




RIO ROLLER
HEAVY DUTY TRIPLE PAD SET
SIZE CHART



- Ensure the pads are a comfortable fit, not too tight where it restricts blood flow and not too loose where it can move around on the body under normal movement.

A - Elbow

Using a material measuring tape, measure the circumference around the arm approximately 2-3cm (0.79"-1.18") above the elbow.

Small 19-23cm | Medium 20-28cm | Large 23-30cm

B - Knee

Using a material measuring tape, measure the circumference around the leg approximately 3-5cm (1.18"-1.97") above the knee.

Small 22-30cm | Medium 23-32cm | Large 25-35cm

C - Wrist

Using a material measuring tape, measure the circumference around the wrist.

Small 14-16cm | Medium 16-20cm | Large 19-23cm