



Size	INCHES		CM		HEIGHT	
	A	B	A	B	INCHES	CM
XXS	10	4,7	25,5	12	4'5"	140
XS	10,5	4,7	26,5	12	4'8"	150
S	11	5	28	13	5'3"	160
M	11,5	5,3	29	13,5	5'5"	170
L	12	5,5	30	14	6'	180
XL	12,5	5,7	31	14,5	6'5"	190

How to find your shin-n-step size
Measure Shin Height (A) as shown picture.

CHOOSING THE RIGHT SIZE:

Check the size by placing the headgear over your head and making sure that it perfectly hugs the shape of your face and covers your forehead and ears.
 Before you begin your training exercise, make sure that it doesn't move and remains well in place.
 Once you have positioned it on your head, the headgear must not hinder your field of vision.

Maintenance:

Store it in a well-ventilated, dry area that favours the elimination of sweat.
 Do not machine wash.
 Wash by hand using warm water with a diluted washing solution and rinse in clear water.
 Let the protection dry at room temperature.
 Avoid any source of heat or exposure to extreme temperatures.

