

Measure your grip size

Print at 100%. Place the zero on your middle palm crease and read the tip of your ring finger.

 This bar must measure exactly 100 mm

Measurement (in)	Grip size
4	4 0/8 (L0)
4.12	4 1/8 (L1)
4.25	4 1/4 (L2)
4.38	4 3/8 (L3)
4.5	4 1/2 (L4)
4.62	4 5/8 (L5)
4.75	4 3/4 (L6)