

THIS IS ONLY A GUIDE.

Fit and comfort are in the eye of the beholder! Most of us at the shop prefer a very tight fit initially so that as they break in, the pads don't slip.



To measure for the 187 Pro & Fly Knee Pads:

Measure the circumference of your lower thigh, about 4" inches above the center of your knee cap. Take your measurement in skating clothes (bare legs or tights, not bulky sweats or jeans unless that's what you skate in). Pro knee pads have adjustable neoprene butterfly straps with up to 4" of room. Neoprene stretches over time and with dampness and warmth, so we recommend you buy snug.

Please note: XS and XXS Knees are new products, so the sizing hasn't been validated as thoroughly as the others. Please send input and edits!

To measure for 187 Elbow Pads:

Measure lower bicep circumference about 3" above the crook of your elbow.

To measure for the 187 Wrist Guards:

Measure the circumference of your wrist. These wrist guards do not stretch.

187 Pro Knee	Thigh
XXS	12 - 16"
XS	13 - 17"
Small	14 - 18"
Medium	18 - 22"
Large	22 - 24"
XL	24 - 28"
XXL	28" +

187 Elbow	Arms
XS	under 9"
Small	8 - 10"
Medium	10 - 12"
Large	12 - 15"
XL	15" +

Adjustable elastic straps and stretchy neoprene sleeves.

187 Wrist	Wrist
Small	5 - 6"
Medium	6 - 7.5"
Large	7/5 - 9"

Mostly canvas construction. These wrist guards do not stretch.

These charts are ESTIMATES.

The manufacturer does not provide any sizing for these pads so we did our best to measure our own body parts and make some estimates to help you find the right size. This sizing chart is only an estimate. But we're mostly medium-sized people, so we welcome your input.

Get more info from 187: 187killerpads.com