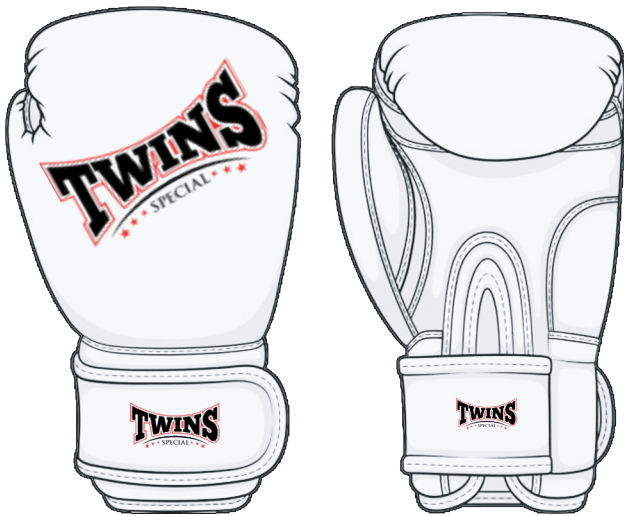


# TWINS

## BOXING GLOVE SIZE CHART



SIZE	BEGINNER SAFETY WEIGHT	INTERMEDIATE & ADVANCED
4 oz	-32 kg	If you favour speed, or if you are competing in an event, <b>use lighter gloves</b>
6 oz	27 - 36 kg	
8 oz	36 - 45 kg	
10 oz	45 - 54 kg	
12 oz	54 - 64 kg	If you tend to hit harder than your weight class, <b>use heavier gloves</b>
14 oz	64 - 73 kg	
16 oz	73 kg or more	
18-20oz	Speciality for Heavyweights	

Please ask your instructor which gloves to wear.

Please note : The size chart is only a recommendation. Whether you choose a tight, regular, or loose fit depends entirely on your own personal preference.