

| SIZE | SHIN LENGHT (CM) | FOOT LENGHT (CM) ³ |
|------|------------------|-------------------------------|
| M | 30 | 14 |
| L | 32 | 15 |

The shin lenght is measured from the bottom of the knee to the top of the ankle. It does not include foot.

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