FAIRTEX BOXING GLOVE SIZE CHART



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

Ask your instructor or event promoterwhich glove to wear. In general, sparring partners should wear equal weight gloves.