

# BOXING GLOVES - TRAINING - SPARRING

## SIZE CHART



### HOW TO FIND YOUR GLOVES SIZE

FIGHTER WEIGHT (IN POUNDS)	FIGHTER WEIGHT (IN KILOGRAMS)	GLOVE WEIGHT (IN OUNCES)
80 - 100 LBS	37 - 46 KG	08 OZ
100 - 120 LBS	46 - 55 KG	10 OZ
120 - 140 LBS	55 - 64 KG	12 OZ
140 - 160 LBS	64 - 73 KG	14 OZ
160 - 180 LBS	73 - 82 KG	16 OZ
180 - 200 LBS	82 - 91 KG	18 OZ
> 200 LBS	> 91 KG	20 OZ

Sizes are for guidance only. Please seek professional advice regarding the right size for you.