

ADULT CRASH HELMETS - SIZE GUIDE



Generic size	XS	S	M	L	XL	XXL
Size (cm)	53 - 54	55 - 56	57 - 58	59	60 - 61	62 - 63
Size (Inch)	20 ⁹ / ₁₀ - 21 ³ / ₁₀	21 ³ / ₅ - 22	22 ² / ₅ - 22 ⁴ / ₅	23 ¹ / ₅	23 ³ / ₅ - 24	24 ² / ₅ - 24 ⁴ / ₅



Generic size	XS	S		M		L		XL
Size (cm)	56	57	58		59	60	61	62
Size (Inch)	22	22 ² / ₅	22 ⁴ / ₅		23 ¹ / ₅	23 ³ / ₅	24	24 ² / ₅



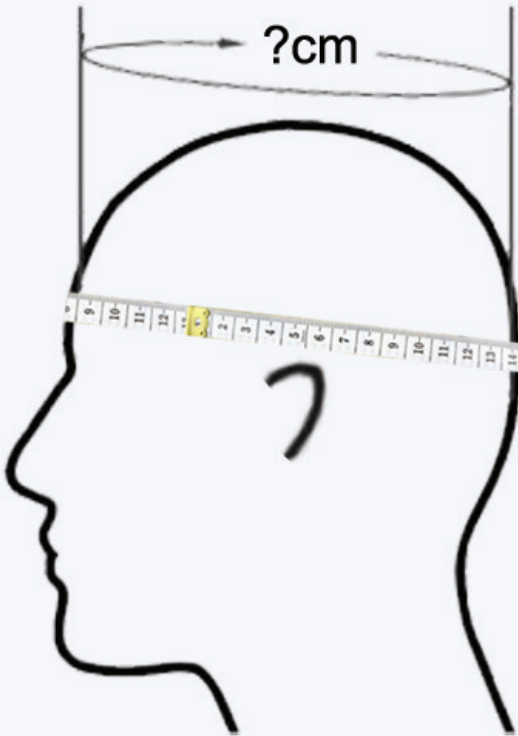
Generic size	XS	S	M	L	XL	XXL
Size (cm)	53 - 55	55 - 57	57 - 59	59 - 61	61 - 62	62 - 63
Size (Inch)	20 ⁹ / ₁₀ - 21 ⁷ / ₁₀	21 ⁷ / ₁₀ - 22 ² / ₅	22 ² / ₅ - 23 ¹ / ₅	23 ¹ / ₅ - 24	24 - 24 ² / ₅	24 ² / ₅ - 24 ⁴ / ₅



Generic size	XS	S	M	M+	L	XL	XXL
Size (cm)	53 - 54	55 - 56	57 - 58	59	60	61	62
Size (Inch)	21 ³ / ₁₀ - 21 ⁷ / ₁₀	22	22 ² / ₅ - 22 ⁴ / ₅	23 ¹ / ₅	23 ³ / ₅	24	24 ² / ₅



Generic size	XS	S	M	L	L+	XL	XXL
Size (cm)	54	55	57	59	60	61	63
Size (Inch)	21 ³ / ₁₀	21 ⁷ / ₁₀	22 ² / ₅	23 ¹ / ₅	23 ³ / ₅	24	24 ⁴ / ₅



Measuring Guide:
To determine the right helmet size, measure all the way around your head at the widest part from the front of your forehead right around the back of your head and back to the front again. Keep the tape measure above your ears as shown above and make sure it feels firm but not overtight or too loose