

# FITTING INSTRUCTIONS

Lower, inside edge of front pad should be approximately 1" above eyebrows.

With head erect, visor of shell should be approximately parallel to ground.

Measure head circumference and use chart below to determine the proper helmet size.

Head Circumference	Helmet Size
20-3/4" - 21-1/4"	X-SMALL
21-1/2" - 22"	SMALL
22-1/4" - 22-3/4"	MEDIUM
23" - 23-1/2"	LARGE
23-3/4" - 24-1/4"	X-LARGE

One-Size-Fits-All Models should fit a circumference range of 20-3/4" to 23-3/4"

