

TEN.O GYMNASTICS GRIPS SIZE CHART

GUESSTIMATE SIZING FOR PIXIE GRIPS				
SIZE	000	00	0	1
G610	up to 5	5 to 5.5	5.5 to 6	6 to 6.5
G612	up to 5	5 to 5.5	5.5 to 6	6 to 6.5

GUESSTIMATE SIZING FOR PALM GUARDS					
SIZE	0	1	2	3	4
G902PG & G902	up to 2.5	2.5 to 3	3 to 3.5	3.5 to 4	NA
G903	up to 2.5	2.5 to 3	3 to 3.5	3.5 to 4	4 & up
<i>Measure from the base of the palm to the base of the middle finger</i>					

GUESSTIMATE SIZING FOR WOMEN'S GRIPS					
SIZE	00	0	1	2	3
G501-10, 10N	NA	up to 6	6 to 6.5	6.5 to 7.25	7.25 & up
G501-12	NA	up to 6	6 to 6.5	6.5 to 7.25	7.25 & up
G910	NA	up to 6	6 to 6.5	6.5 to 7.25	7.25 & up
G501-09	up to 5.5	5.5 to 6	6 to 6.5	6.5 to 7.25	7.25 & up
G810	NA	up to 6.5	6.50 to 7	7 to 7.5	7.50 & up

GUESSTIMATE SIZING FOR MEN'S GRIPS				
SIZE	0	1	2	3
G906, G907	up to 6.25	6.25 to 7.25	7.25 to 8	8 & up
G501-04	NA	up to 7.25	7.25 to 8	8 & up
G501-05	NA	up to 7.25	7.25 to 8	8 & up
G501-06/07	up to 6.25	6.25 to 7.25	7.25 to 8	8 & up
G501-07N	up to 6.25	6.25 to 7.25	NA	NA

Measure from bottom of palm to top of the middle finger. Following these size charts does not guarantee a perfect fit as there are dimensions to the hand and several ways to wear grips that cannot be taken into account in a chart. Only gymnasts and coaches can make a proper judgment as to size. Send or fax a hand tracing for a better guesstimate.