



Tri bar sizing guide



Measure length from 1st joint of little/pinkie finger to rear of your elbow bone. Match to bar size on right.



X-Large

400mm/15.8" and longer



Large

365mm/14.4" to 400mm/15.8"



Medium

330mm/13" to 365mm/14.4"



Small

330mm/13" and shorter

IN BETWEEN SIZES? If your arm length is on the cusp of two sizes, it is recommended to select the size up. It is better for the bar to be slightly longer rather than shorter. **NOTE:** the elbow cups on the Small and Medium bars are the same width, the elbow cups on the Large and X-Large bars are the same width, but wider than on the Small and Medium bars.