

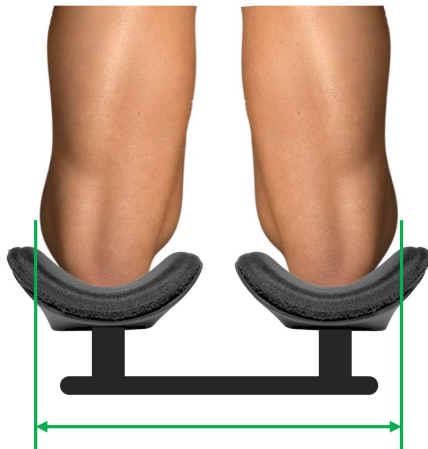
FastTT Pro-Series Bar Sizing Guide

MEASURING YOUR ARM FOR BAR LENGTH



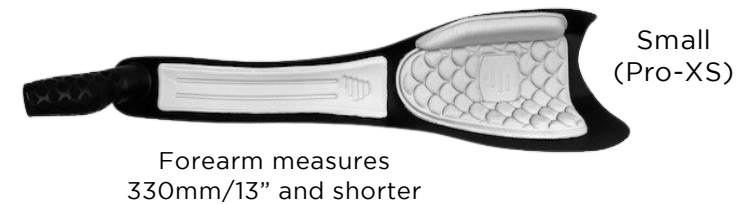
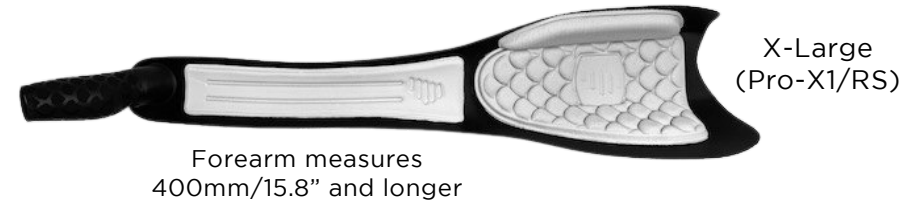
Measure length from 1st joint of little/pinkie finger to rear of elbow bone **when your arm is bent**. Match to bar size.

MEASURING THE WIDTH FOR MONO BARS



Measure width from **OUTSIDE** edge of your elbows or inside edge of your elbow pads, **NOT** from the outside edge of your elbow **CUPS**.

BAR LENGTH CHART



IN BETWEEN SIZES? If your arm length is on the cusp of two sizes, it is recommended to select the next size up.