

APTOELLA / RUGBY

A/R SIZES	SHOULDERS	BUST	UNDER BUST
0/XXXS	14" / 36cm	28" / 71cm	26" / 66cm
2/XXS	15" / 38cm	30" / 76cm	28" / 71cm
4/XS	16" / 41cm	32" / 81cm	30" / 76cm
6/S	17" / 43cm	34" / 86cm	32" / 81cm
8/M	18" / 46cm	36" / 91cm	34" / 86cm
10/L	19" / 48cm	38" / 96cm	36" / 91cm
12/XL	20" / 51cm	40" / 101cm	38" / 96cm
14/XXL	21" / 53cm	43" / 110cm	40" / 101cm
16/XXL	22" / 56cm	46" / 117cm	43" / 110cm

Most athletes will be different sizes for different body parts. For AttackHER shoulder pads we recommend going with the smallest measurement as the four-way stretch fabric will relax over time + snug is best when it comes to protection.

When measuring, the tape should lay flat on your skin + not dig in. Ask a teammate or family member to help you, for easiest + best results.

SHOULDER: start on the outer edge of your shoulder. Run the tape across your back to meet the other edge of your shoulder. The tape will curve slightly at the back of your neck.

BUST: place the measuring tape around the largest part of your bust.

UNDER BUST: place the measuring tape directly under your bust.

If you have any further questions at all, please contact us.



The APTOELLA Team