# Titan Size Chart

**Are Titan products unisex?**

Titan products are unisex. Please find the size guide of specific product to find your size fit.

**How should my Titan product fit?**

Your Titan product should fit the body snugly and firmly without uncomfortably 'cutting in' to the body. If this is the case, please review your size choice.
If you are near the borderline for sizes or you wish to wear your compression garment primarily for recovery purposes, be sure to choose the smaller size where possible.

## Running Socks Race, Running Socks Low Cut, Cycling Socks Race

| Size | **Foot Length** (measured from toe to ankle) |
|---|---|
| M | 22 - 25 cm |
| L | 26 - 29 cm |

## Compression Calf Sleeves

| Size | Calf Circumference |
|---|---|
| M | 30 - 36 cm |
| L | 36 - 42 cm |
| XL | 42 - 48 cm |

## Compression Socks Elite

Please refer to both calf circumference and foot length when choosing size. If both measurements do not match to the same size, the product may not be suitable for your fit. Please choose the bigger size if you decide to purchase product.

| Size | Calf Circumference |
|---|---|
| M | 30 - 36 cm |
| L | 36 - 42 cm |
| XL | 42 - 48 cm |

| Size | **Foot Length** (measured from toe to ankle) |
|---|---|
| M | 23 - 25 cm |
| L | 26 - 28 cm |
| XL | 29 - 31 cm |

## Compression Arm Sleeves

Please refer to the diagram for your arm measurements. If both measurements do not match to the same size, the product may not be suitable for your fit. Please choose the bigger size if you decide to purchase product.

| Size | **A** (Upper arm thickest) | **B** (Forearm thickest) |
|---|---|---|
| M | 23 - 26 cm | 24 - 28 cm |
| L | 26 - 29 cm | 28 - 32 cm |
| XL | 29 - 32 cm | 32 - 36 cm |