

SIZE GUIDE

MANTA PADDLES				
SIZE	S ●	M ● ●	L ● ● ●	XL ● ● ● ●
MIDDLE FINGER CIRCUMFERENCE	2 ^{1/16} " or less (53mm or less)	2 ^{1/16} " - 2 ^{7/16} " (53mm-62mm)	2 ^{7/16} " - 2 ^{11/16} " (62mm-69mm)	2 ^{11/16} " - 3 ^{1/16} " (69mm-77mm)

HOW TO MEASURE

The Manta Paddles are designed to be worn with the swimmer's middle finger comfortably inserted into the finger hole

1. Cut a piece of string to at least 3 inches (7.6cm) long
2. Wrap the string around the knuckle or thickest part of your middle finger. Make sure it's snug and be sure to measure both hands!
3. Using a pen or marker, mark where the ends overlap
4. Lay the string flat and use a ruler to measure the length in inches or centimeters

**Every paddle has the same diameter, with only the finger holes differing between sizes.*

