



Instep girth (a.)

Using a tape, measure the circumference the highest part of your foot, located around the centre of your foot as depicted on the image at point a.

Ball girth (b.)

Using a tape, measure the circumference the widest part of your foot, located around the centre of your foot as depicted on the image at point b.

SIZE	INSTEP GIRTH (in cm)	BALL GIRTH (in cm)
36	21,50	22,00
37	22,00	22,50
38	22,50	23,00
39	23	23,50
40	23,50	24
41	24	24,50