



For sizes XS, S and M and your body weight is:

Between 5.9st/38kg and 7.5st/48kg – Light shells with TS-XR6 springs (cut both side bands) 

Between 7.5st/48kg and 8.6st/55kg – Light shells with TS-XR6 springs (cut the middle band) 

Between 8.6st/55kg and 10.2st/65kg – Light shells with TS-XR6 springs

Between 10.2st/65kg and 11st/70kg – Light shells with TS-Pro7 springs

Between 11st/70kg and 11.8st/75kg – Light shells with TS-Pro6 springs

Between 11.8st/75kg and 12.6st/80kg – Upper Hard shells with TS-XR6 springs

Between 12.6st/80kg and 13.4st/85kg – Hard shells with TS-XR6 springs

Between 13.4st/85kg and 14.1st/90kg – Hard shells with TS-Pro7 springs

Between 14.1st/90kg and 14.9st/95kg – Hard shells with TS-Pro6 springs

For sizes L and XL and your body weight is:

Between 11.8st/75kg and 12.6st/80kg – Hard shells with TS-XR6 springs

Between 12.6st/80kg and 13.4st/85kg – Hard shells with TS-Pro7 springs

Between 13.4st/85kg and 14.1st/90kg – Hard shells with TS-Pro6 springs

IF YOUR BODY WEIGHT EXCEEDS THE ABOVE MENTIONED YOU WILL NEED TO CHOOSE PRO 7 SERIES