1. **MEASURE CHEST**
   - Wrap measuring tape around upper torso
   - Record measurements

2. **MEASURE SHOULDERS**
   - Stretch tape over contour of shoulders
   - Measure from tip of left humerus to tip of right humerus
   - Record measurements

3. **SELECT PADS / PUT ON PADS**
   - Connect front and back of pads
   - Buckle belts and connect straps (if applicable)
   - Establish tight fit in chest and back area

4. **SECURE STRAPS / LACES**
   - Ensure there is no pinching in collar
   - Foam padding should be above tip of humerus (at least one quarter inch)

5. **CHECK FOR PROPER FIT**
   - Pads should cover sternum
   - Pads should cover front-upper shoulders

6. **ENSURE COVERAGE IN FRONT**
   - Pads should cover scapula
   - Pads should cover rhomboid
   - Confirm complete coverage
   - Confirm optimal range of motion

7. **ENSURE COVERAGE IN BACK**
   - Pads should cover scapula
   - Pads should cover rhomboid
   - Confirm complete coverage
   - Confirm optimal range of motion

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**FLAT PADS: Professional / College / Varsity**

<table>
<thead>
<tr>
<th>PAD SIZES</th>
<th>Small</th>
<th>Medium</th>
<th>Large</th>
<th>XX-Large</th>
<th>XXX-Large</th>
<th>XXXX-Large</th>
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<tbody>
<tr>
<td>SHOULDER WIDTH</td>
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<td>17&quot;-18&quot;</td>
<td>18&quot;-19&quot;</td>
<td>19&quot;-20&quot;</td>
<td>20&quot;-21&quot;</td>
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<tr>
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<td>52&quot;-54&quot;</td>
<td>54&quot;-56&quot;</td>
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<td>58&quot;-60&quot;</td>
<td>60&quot;-62&quot;</td>
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</tbody>
</table>

*This is only a guide. Athlete measurements, shoulder pad sizes, and actual fit may vary.*

**CANTILEVERED PADS: Professional / College / Varsity**

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<tr>
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For further pad fitting guidelines, videos and in-depth details go to: RIDDELL.COM