

Armpocket Size Guide

FINDING THE RIGHT FIT



Measure the height, width, and screen display size of your phone to see which Armpocket is a match.

If using a protective phone case, measure with the case on.

Racer Models Are Not Case Compatible.

Height Width Screen	Mega i-40	Mega i-40 Plus	Armpocket X	Armpocket X Plus
Height	6.5"	7.0"	6.0"	6.5"
Width	3.5"	3.75"	3.3"	3.5"
Screen	6.5"	7.0"	6.0"	7.0"

Not Case Compatible

Height Width Screen	Racer Edge	Racer	Racer Plus	AQUA
Height	6.4"	5.5"	6.3"	5.75"
Width	3.0"	3.0"	3.25"	3.14"
Screen	6.5"	4.5"	5.5"	5.25"

Height	6.0"	5.8"	5.0"	5.5"
Width	3.3"	3.5"	3.0"	3.0"
Screen	5.5"	5.0"	4.5"	5.0"
	Ultra i-35	Wrister	Aero i-10	XTREME i-30

Tulis Size Guides

Classic Heel Cup

Sizing Chart

Latex-Free

Best used for: Walking and Normal Daily Activity

Fits Most Closed Casual Shoes

For Best Results

Allow time to become familiar with the feel of your heel cups.



Adult - FEMALE		
Weight (lbs.)	Shoe Size (US)	Heel Cup Size
90 - 175	5 - 12+	Regular
180 - 250+	5 - 10 11 - 12+	Regular Large

Adult - MALE		
Weight (lbs.)	Shoe Size (US)	Heel Cup Size
120 - 175	5 - 10.5 11 - 12+	Regular Large
180 - 250+	5 - 8.5 9 - 12+	Regular Large

Tulip's Classic Heel Cups | Shock Absorbers For Your Feet

Classic Gel Heel Cup

Sizing Chart

Latex-Free

Best used for: Walking and Normal Daily Activity

Fits Most Closed Casual Shoes

For Best Results

Allow time to become familiar with the feel of your heel cups.



Adult - FEMALE		
Weight (lbs.)	Shoe Size (US)	Heel Cup Size
90 - 175	5 - 12+	Regular
180 - 250+	5 - 10 11 - 12+	Regular Large

Adult - MALE		
Weight (lbs.)	Shoe Size (US)	Heel Cup Size
120 - 175	5 - 10.5 11 - 12+	Regular Large
180 - 250+	5 - 8.5 9 - 12+	Regular Large

Tulip's TullIGEL Classic Heel Cups | Shock Absorbers For Your Feet

Heavy Duty Heel Cup

Sizing Chart

Latex-Free

YOUTH

Weight (lbs.)	Shoe Size (US)	Heel Cup Size
50 - 105	10.5Y - 6Y	Small
110 - 140	10.5Y - 4Y	Small
	4.5Y - 6Y	Regular
145 - 170	10Y - 3Y	Small
	3.5Y - 6Y	Regular



Best Used For:

Athletic Shoes, Cleats,
Work Boots, Spacious
Lace-Up Shoes

For Best Results

Allow time to become
familiar with the feel
of your heel cups

Adult - FEMALE

Weight (lbs.)	Shoe Size (US)	Heel Cup Size
90 - 105	5 - 7	Small
	7.5 - 12+	Regular
110 - 140	5 - 5.5	Small
	6 - 12+	Regular
145 - 175	5 - 12+	Regular
180 - 250+	5 - 10	Regular
	10.5 - 12+	Large

Adult - MALE

Weight (lbs.)	Shoe Size (US)	Heel Cup Size
120 - 175	5 - 10.5	Regular
	11 - 12+	Large
180 - 250+	5 - 8.5	Regular
	9 - 12+	Large

Tuli's Heavy Duty Heel Cups | Shock Absorbers For Your Feet

Heavy Duty Gel Heel Cup

Sizing Chart

Latex-Free

YOUTH

Weight (lbs.)	Shoe Size (US)	Heel Cup Size
50 - 105	10.5Y - 6Y	Small
110 - 140	10.5Y - 4Y	Small
	4.5Y - 6Y	Regular
145 - 170	10Y - 3Y	Small
	3.5Y - 6Y	Regular



Best Used For:

Athletic Shoes, Cleats,
Work Boots, Spacious
Lace-Up Shoes

For Best Results

Allow time to become
familiar with the feel
of your heel cups

Adult - FEMALE

Weight (lbs.)	Shoe Size (US)	Heel Cup Size
90 - 105	5 - 7	Small
	7.5 - 12+	Regular
110 - 140	5 - 5.5	Small
	6 - 12+	Regular
145 - 175	5 - 12+	Regular
180 - 250+	5 - 10	Regular
	10.5 - 12+	Large

Adult - MALE

Weight (lbs.)	Shoe Size (US)	Heel Cup Size
120 - 175	5 - 10.5	Regular
	11 - 12+	Large
180 - 250+	5 - 8.5	Regular
	9 - 12+	Large

Tuli's TuliGEL Heavy Duty Heel Cups | Shock Absorbers For Your Feet

Tulis Cheetah

SIZING

Not by Shoe Size

Fitted Sizing Information

Measure the circumference of the instep in inches (around the arch of the foot).

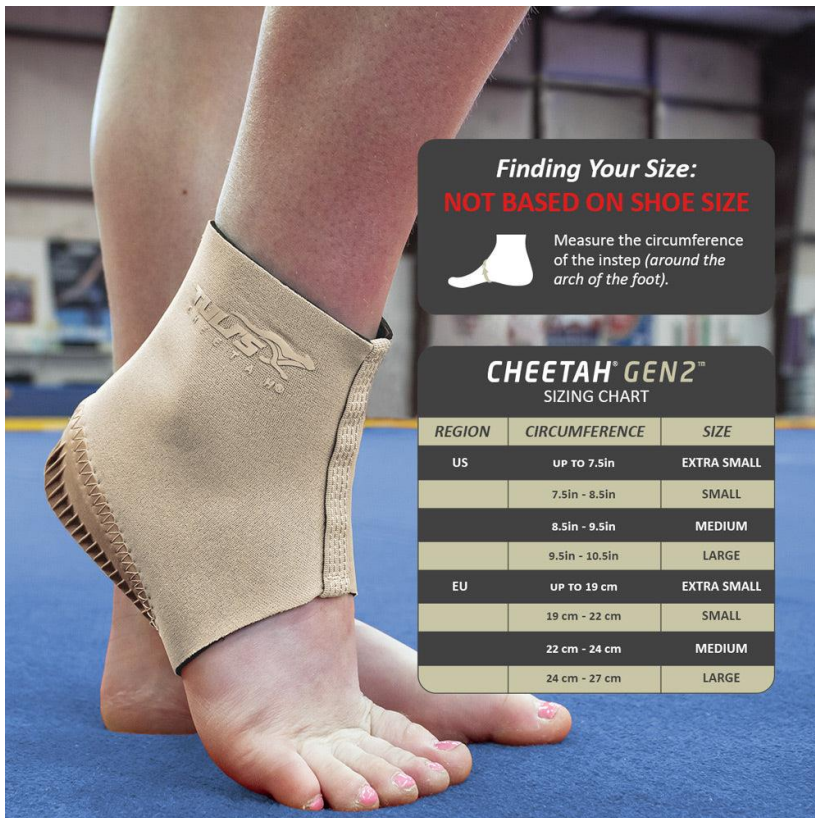


Instep Circumference


XSmall	up to 7.5"
Small	up to 7.5" - 8.5"
Medium	up to 8.5" - 9.5"
Large	up to 9.5" - 10.5"
XLarge	over 10.5"

Tuli's Fitted Cheetahs are mostly worn by athletic gymnasts and dancers. Otherwise, the One Size Fits All Tulis Cheetahs may be a better option.

Tulis Cheetah Gen 2



Finding Your Size:
NOT BASED ON SHOE SIZE

 Measure the circumference of the instep (around the arch of the foot).

CHEETAH GEN2™
SIZING CHART

REGION	CIRCUMFERENCE	SIZE
US	UP TO 7.5in	EXTRA SMALL
	7.5in - 8.5in	SMALL
	8.5in - 9.5in	MEDIUM
EU	9.5in - 10.5in	LARGE
	UP TO 19 cm	EXTRA SMALL
	19 cm - 22 cm	SMALL
	22 cm - 24 cm	MEDIUM
	24 cm - 27 cm	LARGE

Tulis Plantar Fasciitis Insole

Find Your Size!

SIZE	SMALL	MEDIUM	LARGE	EXTRA LARGE
MEN	US: 5.5-7 EU: 36-38	US: 7.5-9 EU: 39-41	US: 9.5-11 EU: 42-44	US: 11.5-13 EU: 45-47
WOMEN	US: 6.5-8 EU: 36-38	US: 8.5-10 EU: 39-41	US: 10.5-12 EU: 42-44	



Tulis's Plantar Fasciitis Insoles can be trimmed to fit as needed. Place original shoe insole over Tulis's Plantar Fasciitis Insole, and trim with scissors as needed.



TULIS
PLANTAR FASCIITIS
INSOLES

Tulis So Soft Heel Cups

SoSoft™ HEEL CUPS



WEAR IN ANY SHOE!

For Best Results:
Allow time to become familiar with
the feel of your heel cups.

SIZING CHART

US		
FEMALE - Adult		
Weight (lbs.)	Shoe Size (US)	Heel Cup Size
90 - 175	5+	Regular
176+	5 - 10 11+	Regular Large
MALE - Adult		
	Shoe Size (US)	Heel Cup Size
120 - 175	5 - 10.5 11+	Regular Large
176+	5 - 8.5 9+	Regular Large
EU		
FEMALE - Adult		
Weight (kg.)	Shoe Size (Eu)	Heel Cup Size
41 - 79	35+	Regular
80+	35 - 42 43+	Regular Large
MALE - Adult		
Weight (kg.)	Shoe Size (Eu)	Heel Cup Size
54 - 79	37 - 43 44+	Regular Large
80+	37 - 42 43+	Regular Large

ZeroPoint Compression Size Guides

Compression Calf Sleeves

Compression Calf Sleeves

HOW TO MEASURE?

CALF CIRCUMFERENCE

Measure around widest part of muscle. Note: this is most important for sort purpose and gives optimal compression.



Compression Calf Size Table


SIZE	CALF (cm)	CALF (inch)
XS	26-30	10.6-12
S	28-33	11-13
M	33-37	13-14.6
L	37-42	14.6-16.5
XL	42-47	16.6-18.5
XXL	45-50	17.7-19.7

Full length Compression Socks

ZEROPOINT INTENSE 2.0 and PRO RACING SOCK SIZE GUIDE			
ZEROPOINT Sock Size	Shoe Size UK	Shoe Size EU	Calf Circumference (cm)*
W1	2.5 - 4.5	35 - 37	28 - 34
W2	5 - 7.5	38 - 40	32 - 37
W3	7.5 - 9.5	40 - 42	37 - 43
M1	5.5 - 7.5	39 - 41	33 - 37
M2	8 - 10.5	42 - 44	37 - 42
M3	11 - 13.5	45 - 47	41 - 46
M4	14 - 15.5	48 - 50	45 - 50


*Take calf circumference measurement at the widest point of the muscle.
W sizes are womens, M Sizes are Mens. If the correct size cannot be achieved we recommend using a calf Sleeve and ankle Sock combination.

Compression Ankle Socks



SIZE CHART / COMPRESSION ANKLE SOCKS

Size	Shoe size				
	EU	UK women	UK men	US women	US men
XS	34	2	2.5	4	3.5
S	35 - 37.5	2.5 - 4.5	3 - 5	4.5 - 6.5	4 - 5.5
M	38 - 40	5 - 6.5	5.5 - 7	7 - 8.5	6 - 7.5
L	41 - 43	7 - 9	7.5 - 9.5	9 - 11	8 - 10
XL	44 - 47	9.5 - 13	10 - 13.5	11.5 - 14	10.5 - 14.5



Compression Crew Socks

Size	Shoesize EU	Shoesize UK women	Shoesize UK men
XS	34.5 under	2 under	2.5 under
S	35-37.5	2.5-4.5	3-5
M	38-40.5	5-6.5	5.5-7
L	41.4-43.5	7-8	7.5-9.5
XL	44-47.5	9.5-13	10-13.5

Mens Performance Compression Shorts

cm	inch															
160	5'3"															
165	5'5"	S	S	M	M	M										
170	5'7"	S	S	S	M	M	M									
175	5'9"	S	S	M	M	M	M	L	L	XL						
180	5'11"	S	S	M	M	M	M	L	L	XL	XL	XL				
185	6'1"	S	S	M	M	M	M	L	L	XL	XL	XL	XXL	XXL		
190	6'3"			M	M	M	M	L	L	L	XL	XL	XL	XXL	XXL	
195	6'5"					M		L	L	L	L	XL	XL	XL	XXL	XXL
200	6'7"									L	XL	XL	XL	XL	XXL	XXL
205	6'9"											XL	XL	XXL	XXL	
Lb		121	132	143	154	165	176	187	198	209	221	232	243	254	265	276
Kg		55	60	65	70	75	80	85	90	95	100	105	110	115	120	125

Womens Performance Compression

Shorts

cm	inch													
150	4'11"	XS	XS	S	S									
155	5'1"	XS	XS	S	S	M	M							
160	5'3"	XS	XS	S	S	M	M	L	L	L				
165	5'5"	XS	XS	S	M	M	M	L	L	L	L			
170	5'7"		XS	S	M	M	M	L	L	L	L	XL	XL	
175	5'9"			S	M	M	M	L	L	L	L	XL	XL	
180	5'11"					M	M	L	L	L	XL	XL	XL	
185	6'1"					M		L	L	XL	XL	XL	XL	
190	6'3"							L	L	XL	XL	XL	XL	
195	6'5"							L	L	XL	XL	XL	XL	
200	6'7"								L		XL	XL		
Lb		88	99	110	121	132	143	154	165	176	187	198	209	243
Kg		40	45	50	55	60	65	70	75	80	85	90	95	100

Mens Performance Compression Tights

cm	inch															
160	5'3"		S	S	M	M	M									
165	5'5"		S	S	S	M	M	M								
170	5'7"		S	S	S	M	M	M								
175	5'9"		S	S	M	M	M	M	L	L	XL					
180	5'11"		S	S	M	M	M	M	L	L	XL	XL	XL			
185	6'1"		S	S	M	M	M	M	L	L	XL	XL	XL	XXL	XXL	
190	6'3"			M	M	M	M	L	L	L	XL	XL	XL	XXL	XXL	
195	6'5"				M	L	L	L	L	L	XL	XL	XL	XXL	XXL	
200	6'7"							L	XL	XL	XL	XL	XL	XXL	XXL	
205	6'9"											XL	XL	XXL	XXL	
Lb		121	132	143	154	165	176	187	198	209	221	232	243	254	265	276
Kg		55	60	65	70	75	80	85	90	95	100	105	110	115	120	125

Womens Performance Compression Tights

cm	inch														
150	4'11"	XS	XS	S	S										
155	5'1"	XS	XS	S	S	M	M								
160	5'3"	XS	XS	S	S	M	M	L	L	L					
165	5'5"	XS	XS	S	M	M	M	L	L	L	L				
170	5'7"		XS	S	M	M	M	L	L	L	L	XL	XL		
175	5'9"			S	M	M	M	L	L	L	L	XL	XL		
180	5'11"					M	M	L	L	L	XL	XL	XL		
185	6'1"					M		L	L	XL	XL	XL	XL		
190	6'3"							L	L	XL	XL	XL	XL		
195	6'5"							L	L	XL	XL	XL	XL		
200	6'7"								L		XL	XL			
		Lb	88	99	110	121	132	143	154	165	176	187	198	209	243
		Kg	40	45	50	55	60	65	70	75	80	85	90	95	100