

RECOVERY SLOPES

Size	US	UK	EUR	JP
XS	4,5 - 5,5	4 - 5	36,5 - 38	225 - 235
S	6 - 7	5,5 - 6,5	38,5 - 40	240 - 250
M	7,5 - 8,5	7 - 8	40,5 - 42	255 - 265
L	9 - 10	8,5 - 9,5	42,5 - 44	270 - 280
XL	10,5 - 11,5	10 - 11	44,5 - 46	285 - 295

You know your feet and you know that they are rather narrow or flat compared to the average? Moreover, you are in the lower range of a size? Then we tend to recommend you to choose the smaller size.