To determine circumference: Measure the penis at the middle of the shaft when it is flaccid (not erect). Place the penis in the arcs to determine the best fit.

If you are between two sizes (both length and circumference), select the smaller size.

Measure length of penis by placing the end of the blue strip guide (sport or standard) along side the penis beginning at the base (point closest to the body) and measure to the tip of the penis.