



Speed Addict Cycles stocks all Suomy cheek pads and head liners.

If you need to make a sizing adjustment after receiving your new helmet simply give us a call to arrange a pad swap and pay only the shipping costs.

**Spec1R and Extreme**

	Helmet Size	Liner Thickness	Cheek Pads Thickness
SMALL SHELL	XS	20mm	25mm
	SM	15mm	20mm
	MD	8 mm	15mm
MEDIUM SHELL	LG	10mm	15mm
	XL	8mm	10mm
LARGE SHELL	2XL	10mm	8mm
	3XL	8mm	5mm