

INTERIOR LINING THICKNESSES

● STANDARD | ○ OPTIONAL

QUANTUM-X

	Size	HCM* (cm)	Lining Code
XS	XS	53-54	I
S	S	55-56	II
M	M	57-58	III
L	L	59-60	III
XL	XL	61-62	IV
XXL	XXL	63-64	V
XXXL	XXXL	65-66	V

12 mm	10 mm	7 mm	5 mm
	○	●	
	○	●	○
○	●	○	○
○	○	●	○
	○	●	○
	○	●	

*HCM (Head Circumference Measurement) should be a starting point only in determining your helmet size. Determining the best possible fit should be from actual test fittings of Arai's various interior fit packages. Changes and updates can affect the standard pad thickness supplied with your helmet.

CHECK PAD THICKNESSES

HELMET SHAPE

QUANTUM-X

QUANTUM-X

	Thicker (mm)	Standard (mm)	Thinner (mm)
XS	30	25	20
S	30	25	20
M	30	25	20
L	25	20	15
XL	25	20	15
XXL	20	15	-
XXXL	-	-	-



ROUND OVAL

40mm and 35mm Cheek Pads are available by special request. Please see your local authorized Arai dealer or visit us at the araiamericas.com website.