

Plate Type	Size	Approx. Dimensions [in]	Legacy ESAPI Threshold Wt. [lbs]	USMC LWP Threshold Wt. [lbs]
Torso	XS-SH	7.25x10.75	3.56	2.23
	XS	7.25x11.5	3.80	2.38
	SM-SH	8x11	3.92	2.64
	SM	8.75x11.75	4.75	2.92
	SM-L	8x13	4.84	3.00
	MD	9.5x12.5	5.45	3.39
	LG	10.25x13.25	6.25	3.94
	XL	11x14	7.10	4.51
Side	6x6	6x6	1.64	1.10
	6x8	6x8	2.19	1.48
	7x8	7x8	2.55	N/A
ESAPI Threshold Thickness: 1.00"				
LWP Threshold Thickness: 0.75"				