

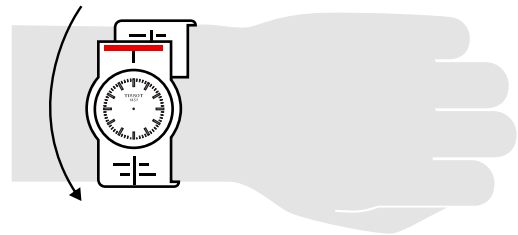
1

Print PDF guide and cut the measuring tool

Make sure to print at 100%!

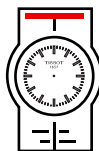
2

Wrap the ruler around your wrist



3

Align indication red line with the numbers to see your wrist size



In this example: 18cm / 7.2in

4

Use the number to select your wrist size on our web page