WRIST SIZE PRINTOUT

For best results, check your printer settings and ensure that the page scaling option is set to NONE. This page should be printed on full letter size page. 8 $^{1}I_{2} \times 11$ inches

To verify that the page is calibrated correctly, measure the sample below. It should measure one inch.

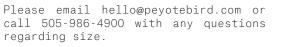
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INSTRUCTIONS

 Cut out the ruler to the left
Wrap around the wrist with numbers facing out
The number that lines up with the 'start here' line is your wrist size
Once you have found your wrist size,

you can add up to a quarter inch depending on your fit preferences.

This size guide is for approximate sizing only and is not intended to be completely exact.





START HERE

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