## EASILY MEASURE YOUR WRIST

## STEP 1

Scale this pdf to $100 \%$ and print it on A4 size paper (297x210mm)


## STEP 2

Place a credit card on the line above and proceed to step 3 if it matches the length. If not, check your printer settings at step 1.


- Make a small split at the scissors icon
- Fold it tightly around your wrist like the example above.
- Mark the Junction and choose S,M or L accordingly.


## OUR SIZE ADVICE

| SIZE | YOUR WRIST SIZE (CIRCUMFERENCE) |
| :---: | :--- |
| $S$ | $<18 C M$ |
| $M$ | $19-20 C M$ |
| $L$ | $20-21 \mathrm{~cm}$ |

