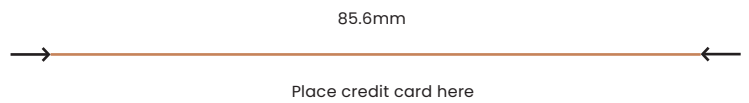


# HOW TO MEASURE YOUR CUFF SIZE

Before printing, ensure this guide is set to print at 100% scale and that you are printing on standard A4 paper (210mm x 297mm). If you are unsure as to whether you have printed the correct size, or if you are measuring on a screen, place a credit card on the guide.



## INSTRUCTIONS

Simply cut out the rectangle along the dotted lines for both Standard and Standard+.

Wrap each size guide around your wrist to determine your size preference. Our cuffs are moldable and can be adjusted to fit the contour of your wrist.

