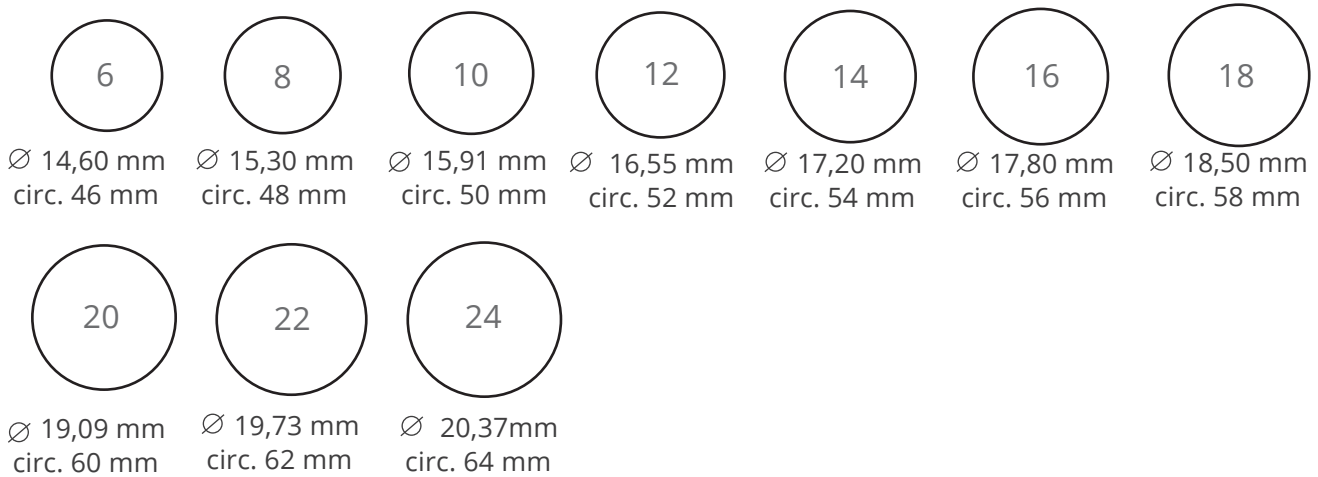


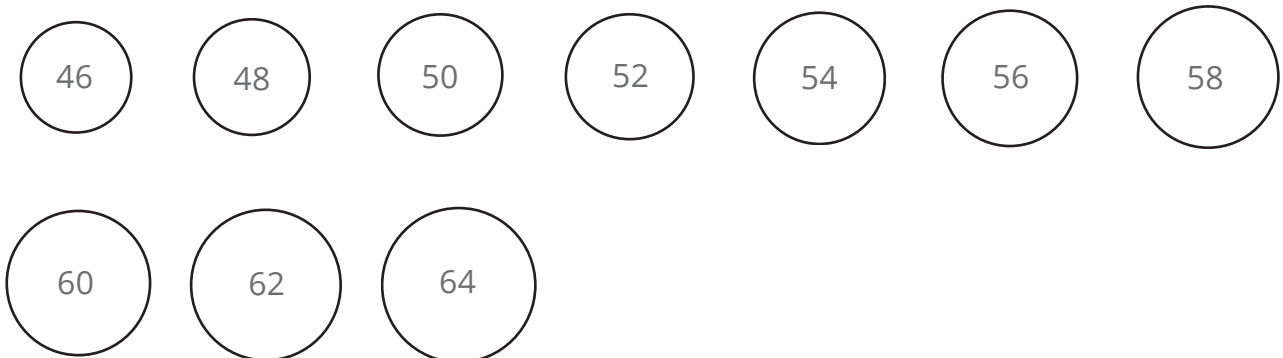
METHOD 1: MEASURE YOUR SIZE WITH A RING

Print this page at its original size, making sure to set printing to 100% in the Settings section of the print menu. Place a ring that you already have on the drawn circles, to determine the one corresponding to your size. The diameter should match the inside of the ring, meaning the circle should be completely visible from the inside of your ring with no gap left between the circle and the ring. If you are undecided between two sizes we suggest you choose the larger one for greater comfort.

ITALIAN SIZES



EUROPEAN SIZES



AMERICAN SIZES

