

Cuff Size Guide

- Men -

In order to determine your wrist size, you can use a tape measure or ribbon which you can then measure against a ruler. Alternatively, print our sizer and follow the steps below.

1. Print this document out to 100% - ensure that page scaling is set to 'none' on the printing dialogue box. Check the printed size by measuring the line below. It should be exactly 10cm.



2. Carefully cut along the outline of the printable cuff sizer. Ensure to cut a small slit on the dotted line at the base of the sizer.
3. Wrap the sizer around your wrist just below your wrist bone and ensure the numbers are facing out.
4. Feed the pointed end of the sizer through the slit. Adjust to fit comfortably around your wrist.
5. The size of your wrist will be determined by the measurement on the chart, showing at the opening point previously cut. If you fall between two sizes we suggest opting for the larger size.

FIND YOUR CUFF SIZE

WRIST MEASUREMENTS		CUFF SIZE
6.0 – 6.5"	15.2 – 16.5 cm	X-Small
6.5 – 7.0"	16.5 – 17.8 cm	Small
7.0 – 7.5"	17.8 – 19.1 cm	Medium
7.5 – 8.0"	19.1 – 20.3 cm	Large
8.0 – 8.5"	20.3 – 21.6 cm	X-Large

