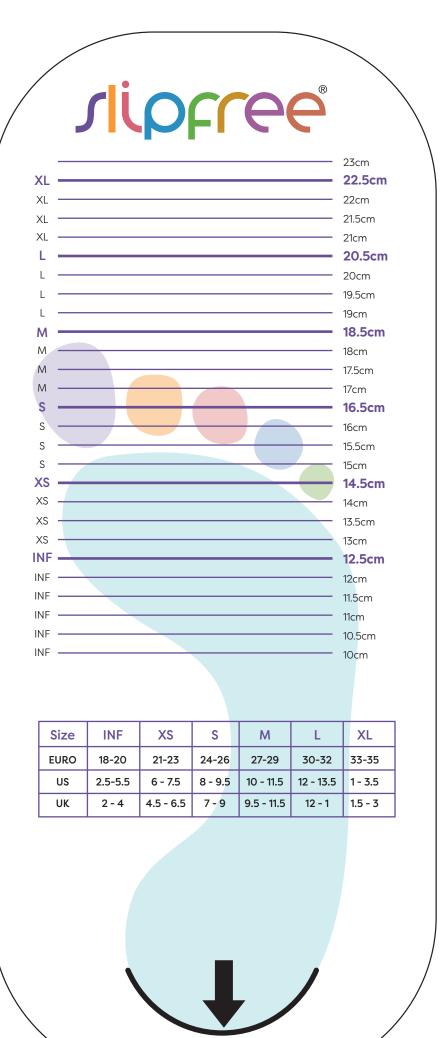
DOWNLOAD, PRINT OUT @100% ON A4 PAPER

Please ensure you 'do NOT scale' or 'Fit to page' when printing.'



HEEL LOCATION

Size is determined by length of foot

with heel placed on

Place print-out on a flat surface

STEP

Stand straight

STEP 2

heel of drawing

STEP

at longest point