

# SIZING & ADJUSTING



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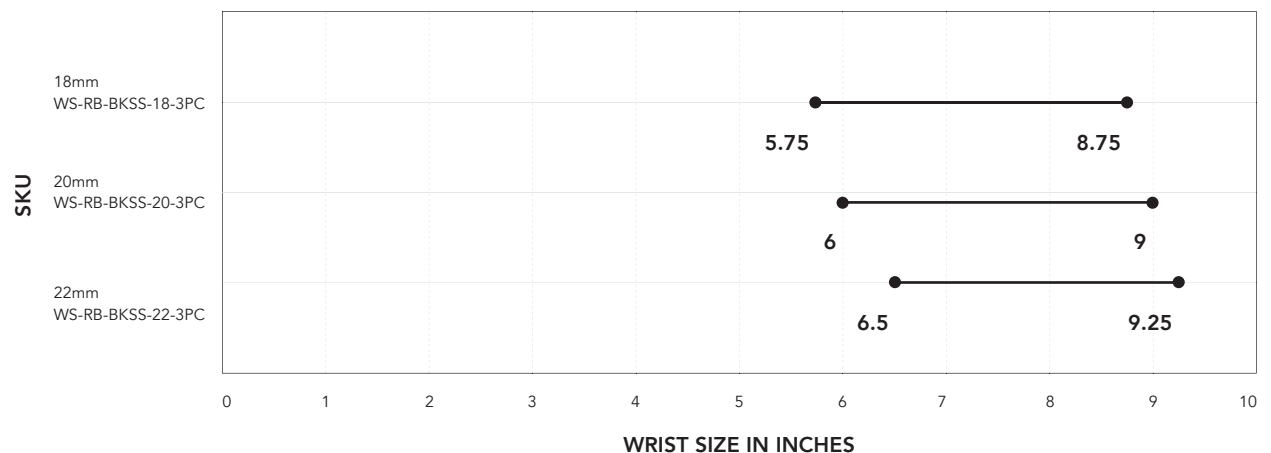
## SIZING YOUR WRIST

To determine your wrist size, wrap a string or thread around your wrist at the point where you normally wear your watch. Mark the string where it crosses itself, lay it flat on a table and measure the distance between the marks.

## SIZING SPECIFICATIONS

There are two lengths to your watch strap, the tail end or “6 o’clock” (length of long section), and the buckle end or “12 o’clock” (length of short section, excluding buckle). When reading a watch strap sizing such as (120/70 mm), the first number (120) is the length of the tail end in millimetres. The second number (70) is the length of the buckle end.

## WRIST SIZE COMPATIBILITY GUIDE



# CHANGING THE BUCKLE



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## REMOVING THE BUCKLE

Your Marathon Rubber Strap has small holes on the side to make changing the buckle easier

- Step 1** Insert the pin pusher end of spring bar tool into one of the holes, compressing the spring bar until it releases from the buckle. Repeat for other side.
- Step 2** Remove the spring bar completely by pulling it with your fingers. If the spring bar does not come easily, use the pin pusher end of the spring bar tool to push it out.

Once the spring bar has been removed, the buckle tongue will slide out easily.

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## INSTALLING THE BUCKLE

- Step 1** Insert the spring bar through one side of the strap until it reaches the cut out.
- Step 2** Insert the buckle tongue into the cut out section and hold it in place while you push the spring bar through the rest of the way. Use the pin pusher to help if needed.
- Step 3** Catch one side of the buckle on the spring bar and then use the forked end of the spring bar tool to compress the spring bar on the other side and slide the buckle over the top of it. Give the buckle a gentle pull to make sure it is attached securely.