



HOW TO MEASURE YOUR SIZE

Place the tape around your wrist snugly
Consult chart for the grips that suits



Size	XS	S	M	L	XL
Wrist Diameter (cm.)	13-15	15.5-17	17.5-18.5	19-20	20.5-26
Strap Width (inches)	1.2	1.2	1.5	1.5	2

NOT SURE WHERE TO MEASURE ON YOUR WRIST...?

You simply print out the size tool, cut it out, and tape together to form measuring tape. Then you simply wrap it around your wrist at the wrist bone and mark where it meets to get your approx. wrist measurement.

(Print Actual Size)

If measurement is not accurate

Check that you are printing the page at full size.

Don't forget after printing the ruler to match the paper ruler to a real one make sure.

