

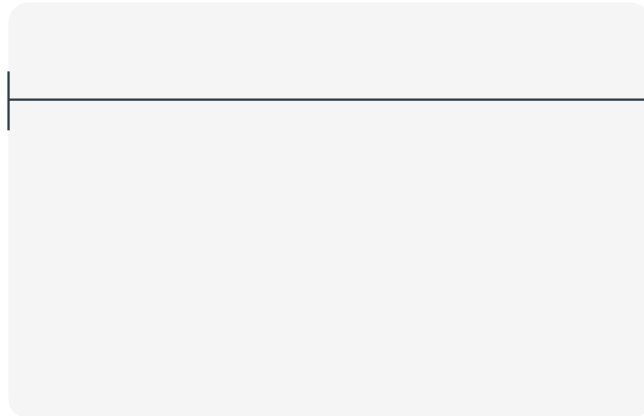


Easy measuring your wrist

A Print this page in actual size (scale 100%)

B Check the correctness of the scale

The below line should be just as long as the length of a credit card (85mm)



C Cut out the grey measuring tape on the left

D Measure your wrist with the tape

Now slide the arrow-shaped end of the tape through the slit. Be sure to measure the skin tightly and note the measurements closest to the slit.

