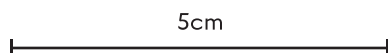


Wrist measuring

1. Print this page at 100% actual size (A4) to get a measurement of your wrist.

To ensure this page is accurate, with a rule measure the line below



2. Cutout the measuring strip on the right of the page

3. Wrap the measuring strip around your wrist where you would normally wear a watch. Make sure you don't wrap it too tightly.

4. Use the guide on the measuring strip to work out what size strap you need.

A4 100%

