

## Wrist Measurment Guide

## **HOW TO PRINT**

Use a ruler to ensure that this printout tape measures 11 inches exactly Make sure to set the printing settings as the following:
Set page size to A4 (21X29.7cm)
Print this page in portrait orientation
Set Page Scaling to None

## **HOW TO MEASURE**

- Wrap the tape around your wrist bone so that it contacts your skin all the way around.
- Accurate wrist measurement is needed.
- Mark where the two ends of the tape touch.
- Write this measurment down and use it for your online orders.





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