



Step 1. Place end of tape measure at the crease in your wrist and measure 10cm (4") up forearm then make a mark.



Step 2. At the 10cm mark, measure the circumference around your forearm. This will be your "**Forearm**" measurement.



Step 3. At the widest part of your palm, measure your hand circumference. This will be your "**Hand Circumference**" measurement.

Step 4. Using the measurements found above, use the grid below to find the wrist device best suited for you.

		← Hand Circumference →						
		16.5	18	19	20	21.5	23	24
Forearm	16.5	S	S	S	S	M	L	L
	18	S	S	S	M	M	L	L
	19	S	S	S	M	M	L	L
	20	S	S	S	M	L	L	L
	21.5	M	M	M	M	L	XL	XL
	23	L	L	L	L	XL	XL	XL
	24	L	L	L	L	XL	XL	XL