Print this page at 100%, take to the scissors and cut out the size guide wristband below. Make a cut along the designated line.

1. Pull the pointed end of the wristband through the cut. Now put your hand through the size band and tighten until you have a snug fit.

2. Read the number that lines up with the cut.

3. Et voilà, you just found out how long your strap should be.

S – SMALL Strap fits wrists: 17 to 21cm
M – MEDIUM Strap fits wrists: 18 to 22cm
L – LARGE Strap fits wrists: 19 to 23cm

IMPORTANT:
This page should be printed at 100% size. Do not resize or scale to fit.

These measurements should be to scale.

www.formexwatch.com