1   **Print this page on A4 paper.**
2   **Set the printer scale to 100% and disable "fit to page."**
3   **Verify the scale by comparing the ring size guide with a ruler**

Measure your wrist
•   **Cut out the size guide strap.**
•   **Cut along the dotted lines at the end to create a slit for the strap.**
•   **Wrap the size guide around your wrist and pull the pointed end through the slit.**
•   **Read the measurement in millimeters (mm) through the slit, use this to find your size in the size chart.**

Size chart

Size	mm	in
XS	130–145	5.2–5.7
S	145–160	5.7–6.3
M	160–175	6.3–6.9
L	175–190	6.9–7.5
XL	190–205	7.5–8.1

cut here