



### *How to measure your wrist*



#### *Option 1*

*Find a ruler, and measure your wrist from side to side. Make sure you adjust well the beginning of the ruler and that you observe the scale from a vertical perspective. In this example, it would be 4,7cm. The perfect size for this wrist is the size immediately above 4,7cm, meaning the size M.*



#### *Option 2*

##### *Step 1*

*If you cannot find a ruler, get a pen, and measure your wrist as represented on the picture.*



##### *Step 2*

*Go online and find a ruler, and by using the measure you just took it will be possible to understand the width of your wrist. In this example, it would be 4,7cm. The perfect size for this wrist is the size immediately above 4,7cm, meaning the size M.*