



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



**Step 2.** At the 4" 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 →						
		6.5"	7"	7.5"	8"	8.5"	9"	9.5"
Forearm	6.5"	S	S	S	S	M	L	L
	7"	S	S	S	M	M	L	L
	7.5"	S	S	S	M	M	L	L
	8"	S	S	S	M	L	L	L
	8.5"	M	M	M	M	L	XL	XL
	9"	L	L	L	L	XL	XL	XL
	9.5"	L	L	L	L	XL	XL	XL