

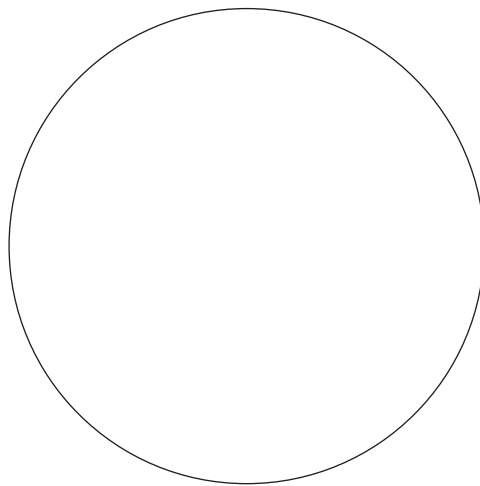
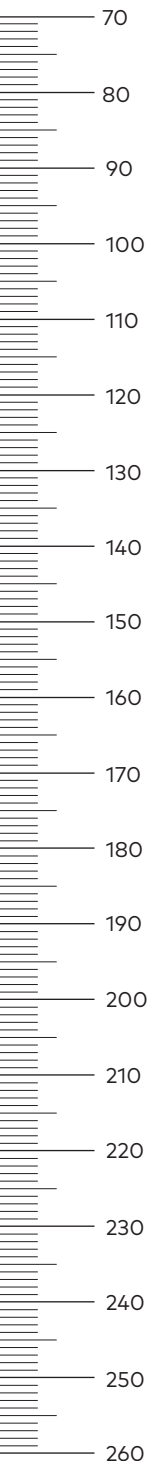
cut here

DIAMETER	CIRCUMFERENCE
54,0	169,5
57,0	179
60,0	188,5
63	198
67	210,5
70	220

202.1.12 PEAK BRACELET SIZES

To determine your bracelet size, please using the tape measure. Measure the circumference of your hand at the widest part of your hand, which is generally the base knuckles. Hold the hand and fingers outstretched but cupped as if putting on a mitten. Compare the hand circumference to bracelet circumference as per the adjacent table.

Please make sure to print this sheet in 100%. The line on the right side below can be used to verify.

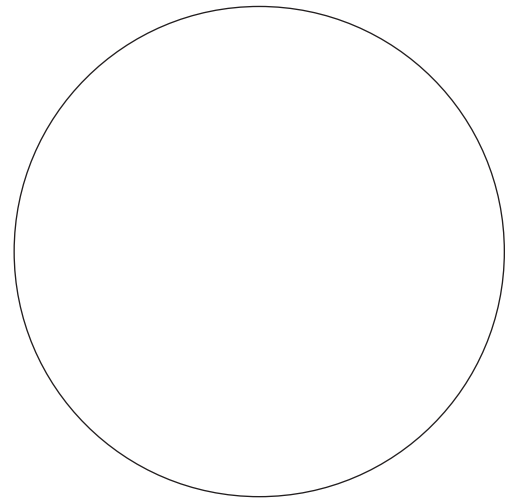


Circumference

198

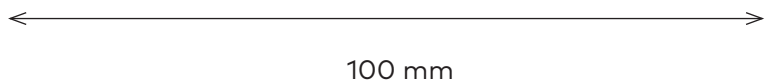
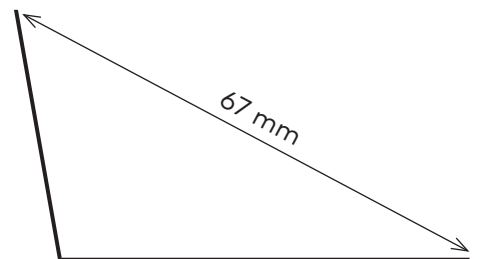
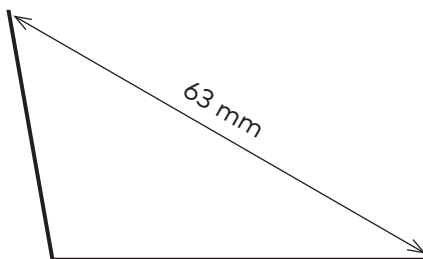
Determine

63



210,5

67



100 mm

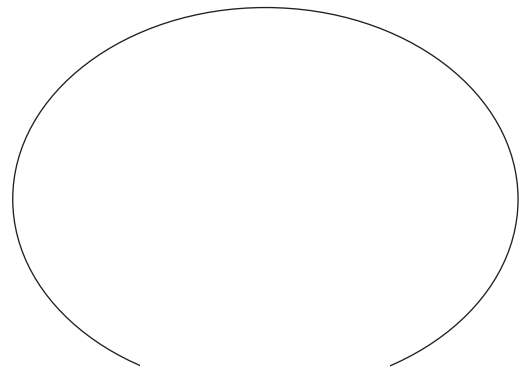
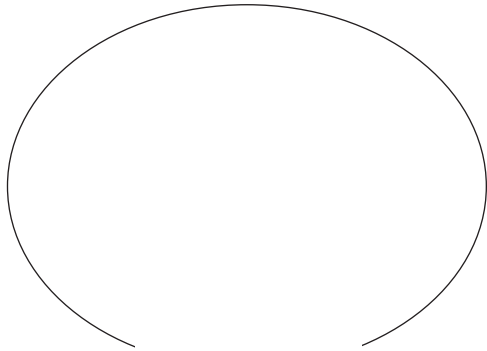
DIAMETER CIRCUMFERENCE OPENING

54,0	169,4	21,0
57,0	179,6	23,0
60,0	189,5	26,0
63,5	199,5	30,0
67	209,3	33,0
70	219,5	36,0

202.1.11 DUMBBELLS ARM CUFF SIZES

To determine your arm cuff size, please using the tape measure. Measure the circumference of your wrist. Compare the wrist circumference to arm cuff circumference as per the adjacent table.

Please make sure to print this sheet in 100%. The line on the right side below can be used to verify.



**Circum-
ference**

176

186

Determine

63

67

Opening

30

33



100 mm