IIOIIE

cut here

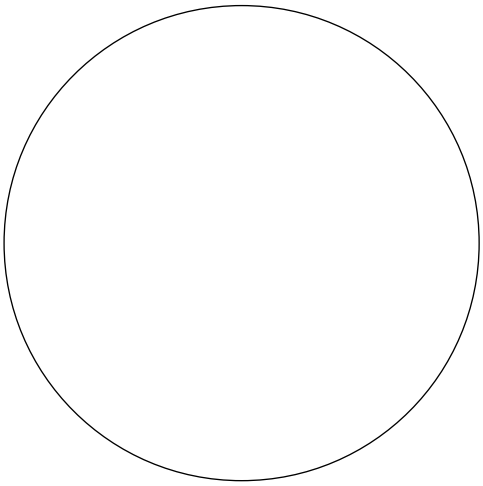
DIAMETER	CIRCUMFERENCE
54,0	169,5
57,0	179
60,0	188,5
63	198
67	210,5
70	220

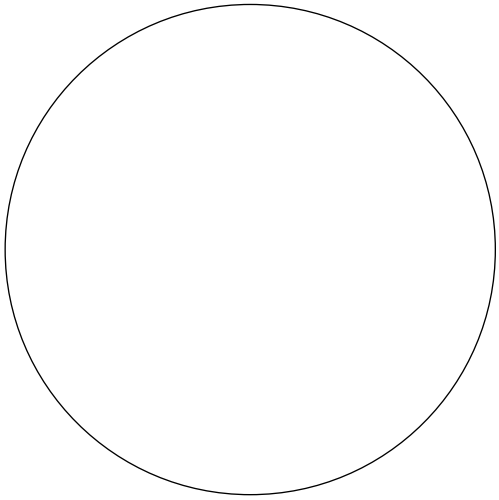
202.1.12 PEAK BRACELET SIZES

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.

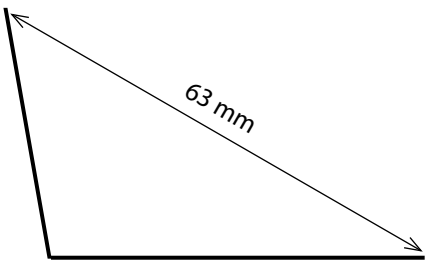
Please make sure to print this sheet in 100%. The line on the right side below can be used to verify.

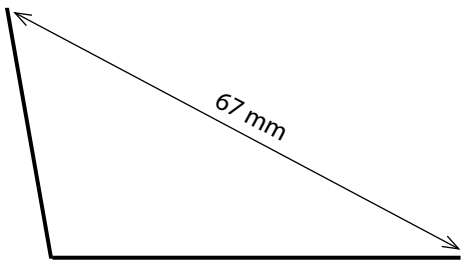
70
80
90
100
110
120
130
140
150
160
170
180
190
200
210
220
230
240
250
260





Circum-ference	198	210,5
Determine	63	67





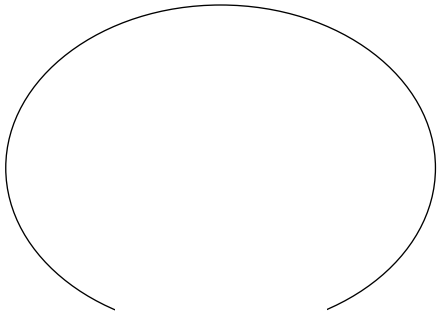
100 mm

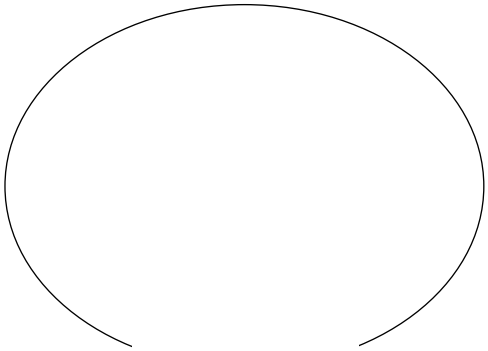
DIAMETER	CIRCUMFERENCE	OPENING
54,0	150,7	24,0
57,0	160,0	28,0
60,0	168,0	31,0
63,0	174,4	35,0
67,0	186,9	38,0
70,0	196,0	40,0

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	160	174
Determine	57	63
Opening	28	35

100 mm