147 mm or 5,8 Inch

check this messure before cutting

This side up

Actual Width

QUADRA

SIZE

GUIDE

QUADRA
BRACELET

No Scale print to 100%

-2 -4 -6 -8 -10 -12 -14
-1 152 -3 162 -5 172 -7 182 -9 192 11 202 13 212

147 157 167 177 187 197 207

1. Print out at 100% - make sure you do not select the 'scale to fit page' or 'shrink to fit page' option.

2. Check print size – the line above should measure 14,7 cm.

3. Place the cutted size guide around your selected arm. Where the to arrows point at the number you have the right size to fit your arm. (-1, -2,-3 and so on……… (**Make sure that the paper is really tight to the arm**)

-1 -3 -5
-2 -4

This side up

Actual Width

QU
BRA