

Bracelet Size Guide

Measuring your wrist is the best way to determine your correct bracelet or cuff size.

Before using the ruler to find your fit, make sure this guide is printed on A4 size page (21.0 x 29.7cm) and scaled to 100%. To check the accuracy of your printout, position a credit card under the line below. The scale is correct if the credit card and line length match.

place credit card here

Measure your wrist with our Stronger & Stronger ruler

- Cut out the ruler.
- Cut a horizontal line below the Stronger & Stronger logo.
- Wrap the ruler around the circumference of your wrist with the numbered side visible.
- Slip the numbered end through the horizontal opening and pull until the ruler is flush against your skin.
- The number that lines up with the edge of the opening is your wrist size in centimetres.

Contact us for custom sizes.

size	wrist measurements		
small/medium	13-16 cm	130-160 mm	5-6 inch
medium/large	16-18 cm	160-180 mm	6-7 inch

