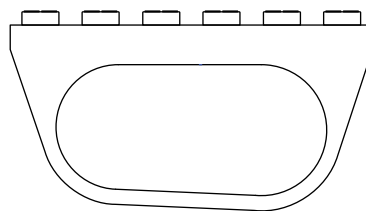


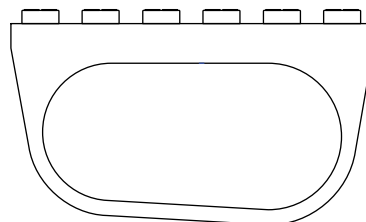
Instructions:

1. Cut ruler out along dotted line.
2. Grasp the arrow at the bottom of the ruler, then wrap it around 2 fingers.
3. Note which zone the measuring line falls into; this is your size.

S
90mm



M
108mm



L
116mm

