

Cuff Circumference

Step 1: Measure wrist by wrapping a tailor's tape measure around the wrist. Tape should be slightly snug but not tight

Step 2: Add 3 inches to the measurement—this will be your cuff size

Step 3: Select your cuff size from the drop down menu

Step 4: Repeat process for other wrist

Note: If you wear a watch add $\frac{1}{4}$ to $\frac{1}{2}$ inch (depending on the thickness of the watch) to measurement of the arm on which you wear the watch