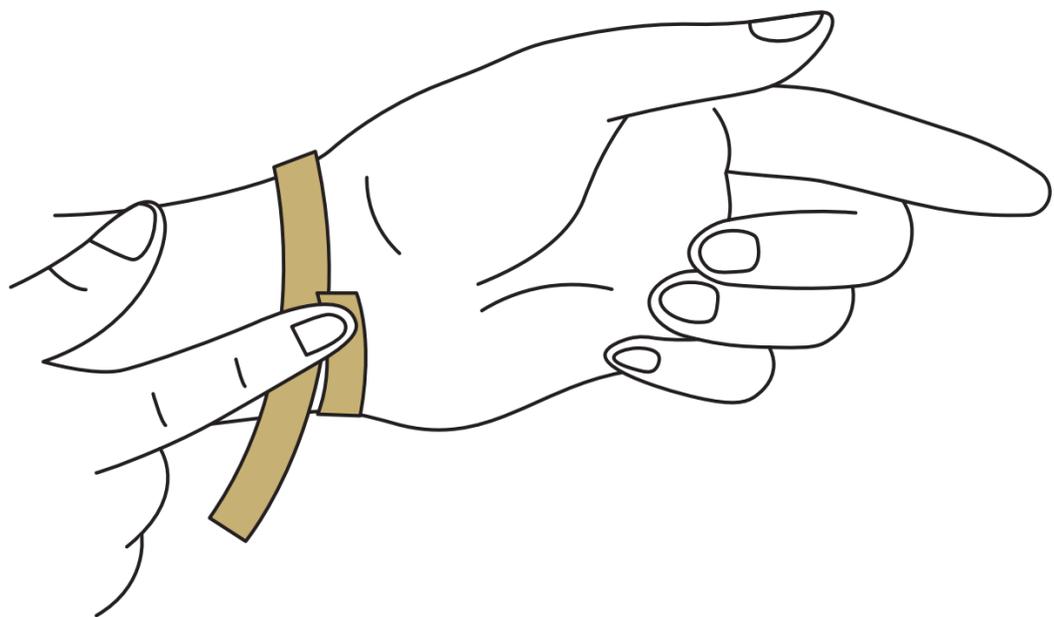


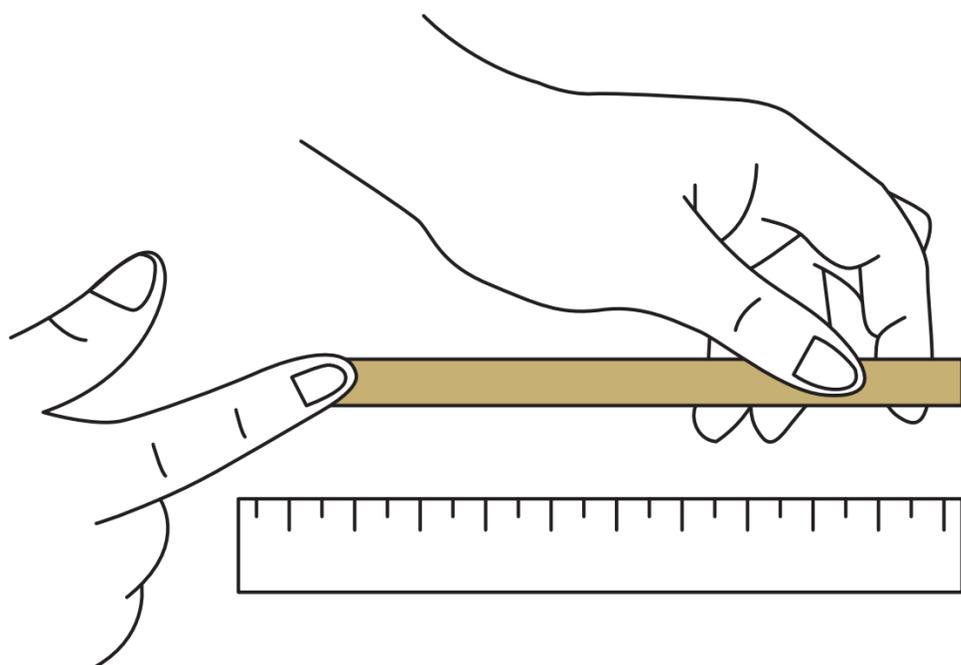
步骤一



准备一条线（或可环绕的长条）
在佩戴位置（手腕）围绕一圈，
测量手围时请尽量贴合皮肤，
无需预松紧

Wrap the strip at the part of
your wrist

步骤二



在交叉处作记号，再用尺测量
长度

Measure it flat with a ruler and
you've got your wrist size