

dhamaWORKTM sizing chart band

SIZE	INCHES
R	5 - 6.5
L	6.5 - 8.25

- Print this page at 100% **DO NOT SCALE OR SIZE TO FIT PAGE.**
- Cut out the sample band and keeping flat on your wrist, wrap the band around your wrist keeping the end with the arrow on top.
- Choose the size the arrow is pointing to. If you are between sizes, dhamaUSA recommends a tight/snug fit to maximize the performance of the dhamaSPORTTM wristband

