## The Pound Puncher Sizing Guide

- 1. Cut out the bracelet templates
- 2. Wrap one of the templates around your wrist and tape it end to end.
- 3. Determine which size will work best for you.

Small - Approximately 7 1/4 Inches

**Large - Approximately 8 Inches** 

XL - Approximately 9 ½ Inches