

PLEASE TAKE ALL MEASURES THIGHT ON THE BODY:

- Biceps girth:** Measure horizontally at the strongest part around the biceps.
- Forearm girth:** Measure horizontally at the strongest part around the forearm.
- Calf girth:** Measure horizontally at the strongest part around the calf.
- Thigh girth:** Measure horizontally half way through the thigh.
- Waist girth:** Measure around the waist without tying.

STRAP ELECTRODES

Strap electrodes are available in 2 widths: 6.5 cm and 10 cm.

Strap Electrode Length	Circumference up to max.
30 cm	up to 26 cm
35 cm	up to 31 cm
40 cm	up to 36 cm
45 cm	up to 41 cm
55 cm	up to 51 cm
65 cm	up to 61 cm

STOMACH BELT

Stomach Belt Size	Length	Width	Circumference
1	75 cm	20 cm	up to 80 cm
2	90 cm	25 cm	up to 95 cm
XS	70 cm	18 cm	up to 75 cm
S	80 cm	18 cm	up to 85 cm
M	90 cm	18 cm	up to 95 cm
L	100 cm	18 cm	up to 105 cm
XL	110 cm	18 cm	up to 120 cm