

GROOVE LIFE RING SIZING GUIDE



STEP 1

CUT A STRIP
OF PAPER



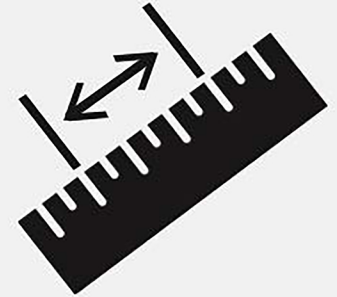
STEP 2

TIGHTLY WRAP IT
AROUND YOUR FINGER
(MAKE SURE IT'S TIGHT)



STEP 3

DRAW A LINE WHERE
THE PAPER SIDES MEET



STEP 4

MEASURE THE
DISTANCE BETWEEN
THE LINES

SIZE	DIAMETER
4	14.1
5	15
6	15.6
7	16.6
8	17.3
9	18.5
10	19.1
11	20
12	20.8
13	21.6
14	22.4