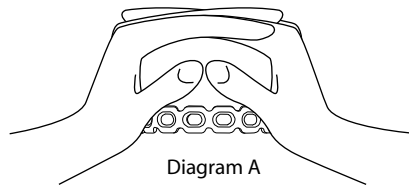

Reducing bracelet size

- Place each side of the bracelet at the base of your palms with the top of the bracelet facing upwards. (see Diagram A)
- Interlock fingers.
- Squeeze bracelet by pushing your palms together, and applying equal amounts of pressure to both sides until desired size is achieved.



(note - we recommend you use a pair of gloves while adjusting your bracelet.)

Increasing bracelet size

- Wrap fingers around each side of bracelet. (see diagram)
- Hold bracelet close to your chest and pull apart until desired size is achieved.

