

PLEASE PRINT THIS PAGE.

WARNING: MAKE SURE TO UNTICK THE "SCALE TO FIT" BOX FROM YOUR PRINTER DIALOG WINDOW SO THAT THE MEASUREMENTS ARE PRECISE

Best way to choose your helmet is to try it on! The helmet will not come off from the head or move.

If your size is not available, measure your head with this tape around your head and horizontally over your eyebrows and feel free to ask the retailers to help you out in the process. They will suggest you what should fit you best.

But don't forget that every head is different, so the measurement may not be as accurate as when you will try it on. The shape of your head is not a perfect circle!

**SHRED SIZE MEASUREMENT**

**A**

**Choose the right helmet size!!!**

**B** and wear it properly!!!

Measure your head with this tape to find out your size range, but remember: the best way to choose is to try it on. To check if you found the correct size, adjust properly the retention system: the helmet will not come off from the head or move when quickly rotating the head forward and backward.

While wearing it, do not push it too far back, nor too far forward. Make sure that the helmet covers the forehead!

**A**

**B**

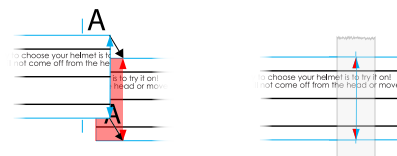
64	63	62	61	60	59	58	57	56	54	52	Choose
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and

**B**

### HOW TO MAKE YOUR HELMET SIZE GUIDE:

1. Cut along the cutting line
2. Tape the ends together, aligning the arrows to allow for a precise measurement
3. Now you're ready to find your helmet size!



### YOUR TAPE WILL LOOK LIKE THIS:

**B**

64	63	62	61	60	59	58	57	56	54	52	Choose the right helmet size!!!
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