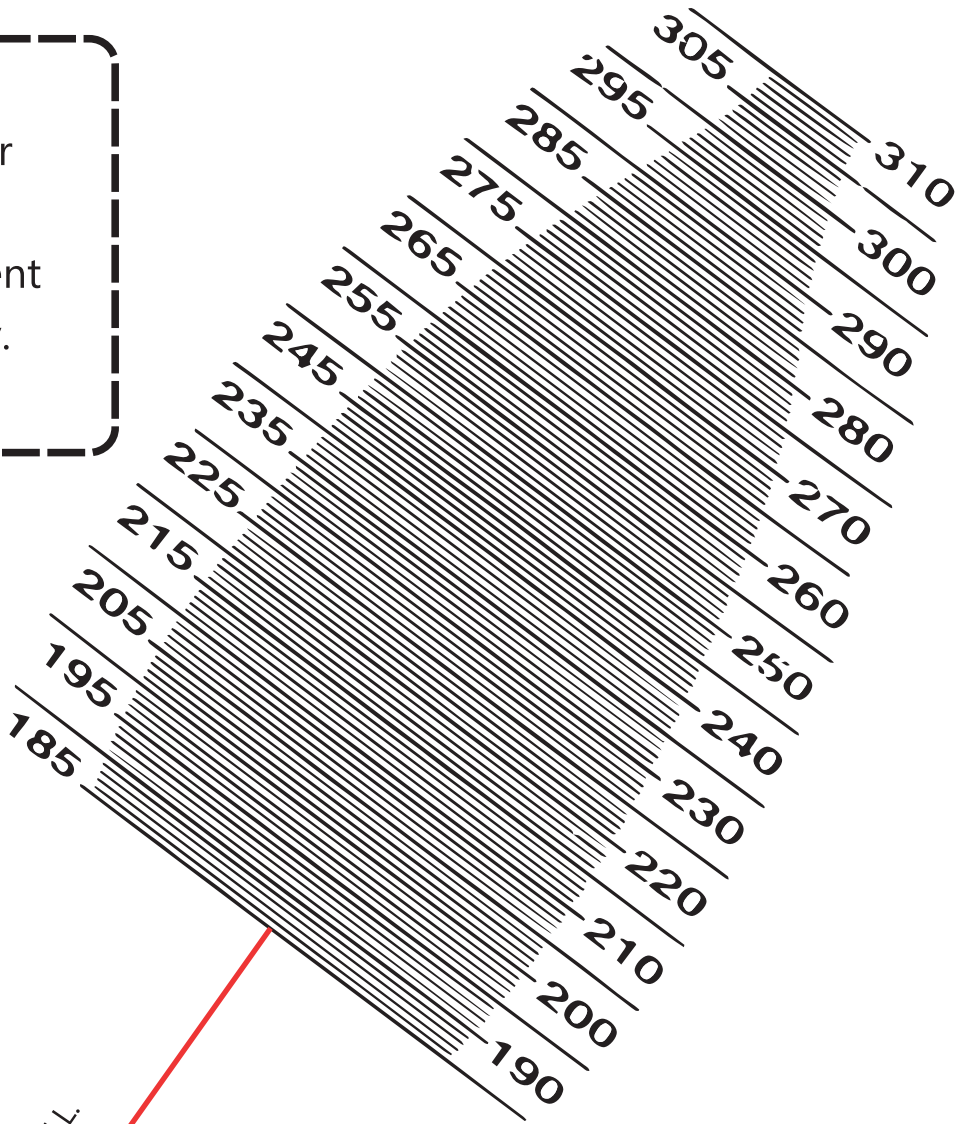


Insert a standard credit or debit card here: if it fits perfectly, the measurement sheet is printed correctly.



FOLD ALONG THE DASHED LINE AND PLACE IT AGAINST THE WALL.
MAKE SURE THE FOOT IS WELL ALIGNED.

When you print this foot measurement sheet in A4 format, make sure it is printed at actual size (100%) and verify the accuracy using the credit card test box or, even better, a ruler.

Fold the corner exactly along the dashed heel line and place it against the baseboard, the wall, or a box.

Then place your heel against it and carefully measure the length of the foot in millimeters. It may be helpful to ask someone for assistance and use a hard surface.

The recommended measurement is the one immediately above the length of your foot. If you are a growing athlete, you may add one extra line.

This table is purely indicative, as the shape of the foot may influence the choice of the correct size.