



Center this
blue box
between
2 nipples
Place on
Breastbone



Determining Electrode Strip Size Using This CARDIO Sizing Guide

- 1 **CLEAR** ▶ **Males:** take off the shirt. **Females:** leave only bra on.
- 2 **ATTACH** ▶ Position this blue box on top of the chest bone (sternum), at the level between two nipples.
- 3 **ROUND** ▶ Let the long end of sizing guide go around the left chest. **Females:** sizing guide should go under the left breast.
- 4 **DOUBLE-CHECK** ▶ Make sure the sizing guide contacts the skin well throughout with no buckling.
- 5 **INSPECT** ▶ Mid-axillary line (MAL) can be drawn from the center of left armpit. The size of electrode strip is determined by where MAL crosses the sizing guide. Have someone to help you to look for MAL, or use a wall mirror to look by yourself.

✓ **Ok**

S

M

L

XL