

INSTRUCTIONS

1. Download Metatarsal Measuring Chart PDF
2. To Print:
 - Use 8.5" x 11" paper
 - In Print Dialogue Settings **uncheck Fit to Page & set Print to Scale to 100%**

(If possible, use a centimeter ruler to ensure printed measurements are correct)

3. With shoes off, place your heel at the bottom of the page lining it up with the heel print corresponding to the left or right foot

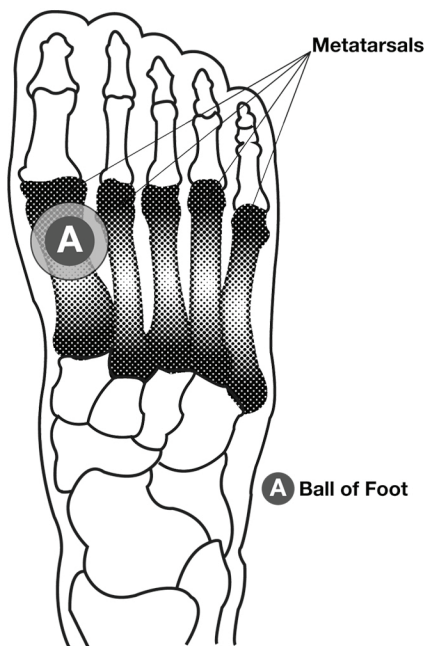
4. Keeping your foot flat on the ground, shift weight so pressure is on the ball of your foot (see diagram below labeled A)

5. Reach down to feel where pressure point is under the ball of the foot

6. Write down the corresponding number

7. Repeat for other foot

**IT IS EXTREMELY IMPORTANT
THAT YOUR MEASUREMENT
IS CORRECT TO ENSURE
ACCURATE POWER**



**NOTE: Metatarsal
measurements may
differ for left & right foot**

RPM²
REMOTE PERFORMANCE
MEASUREMENT/MONITORING