
Strap size	Short/long (mm)	Wrist (cm)	Wrist (in)
Small	70/110	14–17.5	5.5–6.9
Regular	75/115	15.5–19	6.1–7.5
Long	80/120	17–20.5	6.7–8.1
Extra long	85/130	18.5–22	7.3–8.7

Always measure.