



Senior

Size: 53-20-145 Total Width: 141mm



PD ruler (mm)

Printing Directions:

1. Save this file to your desktop
2. Open the file and print
3. Uncheck "scale" or "fit" and click "actual size" or "adjust scale to 100%"

Sizing Directions:

Place your frame face-down on this printout to compare sizes

or

Use the ruler to measure your current frame's total width