

## Sizing Chart and Instructions for Charleswater Full Coverage Non-Marking Foot Grounders

**Charleswater offers 4 sizes of the Full Coverage Non-Marking Foot Grounders.**

	<b>70060 Small</b>	<b>70061 Medium</b>	<b>70062 Large</b>	<b>70063 XLarge</b>
<b>Original State</b>	Women's 3.5-5.5 Men's 5-6	Women's 5.5-7.5 Men's 6-8	Women's 7.5-9.5 Men's 8-11	Women's 10.5+ Men's 12+
<b>Expandable State</b>	Women's 6.5-7.5 Men's 7-8	Women's 8.5-9.5 Men's 8-10	Women's 8.5-10.5 Men's 9-12	Women's 10.5 and above Men's 12 and above

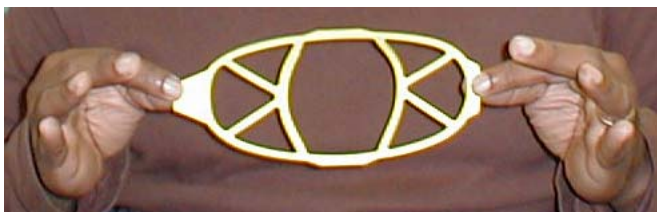
The ESD rubber that is used in the manufacturing of Charleswater's Full Coverage Foot Grounder can be very expandable as the material has excellent elasticity.

The material can expand to almost 100% of its original size.

If a women's or men's size is greater then follow the example below.

Comfortably exercise the unit approximately 6 times to expand the material.

**Original Size (Before)**



**Expanded Size (After)**

