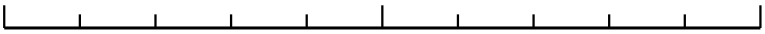
# HEAD & CHEST - 1 x 2 SHEETS

19 x 55 cm on 2 A4 sheets

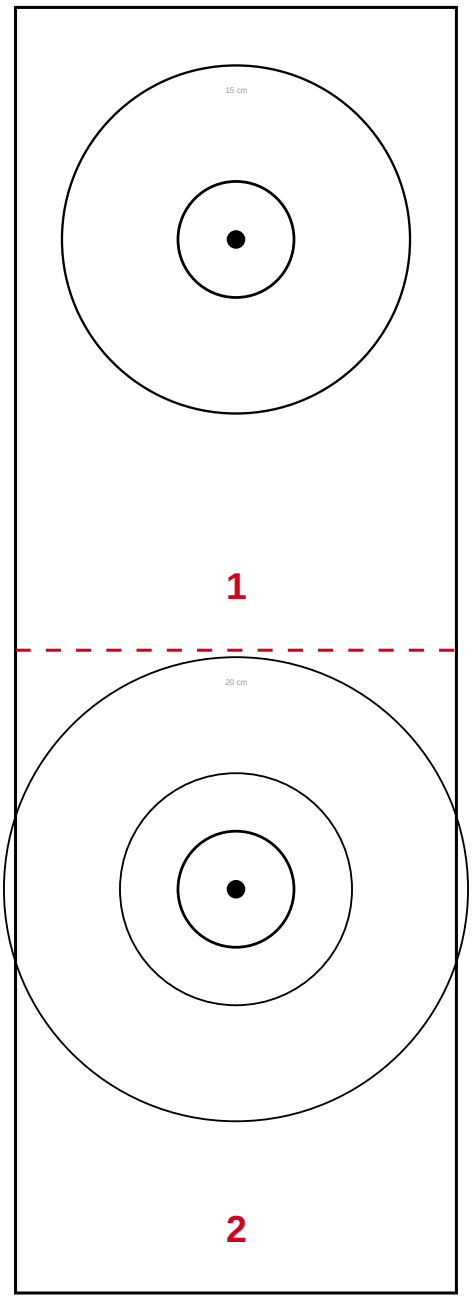
1. Print every page at 100% (Actual size), not Fit to page. Check the 10 cm line below.

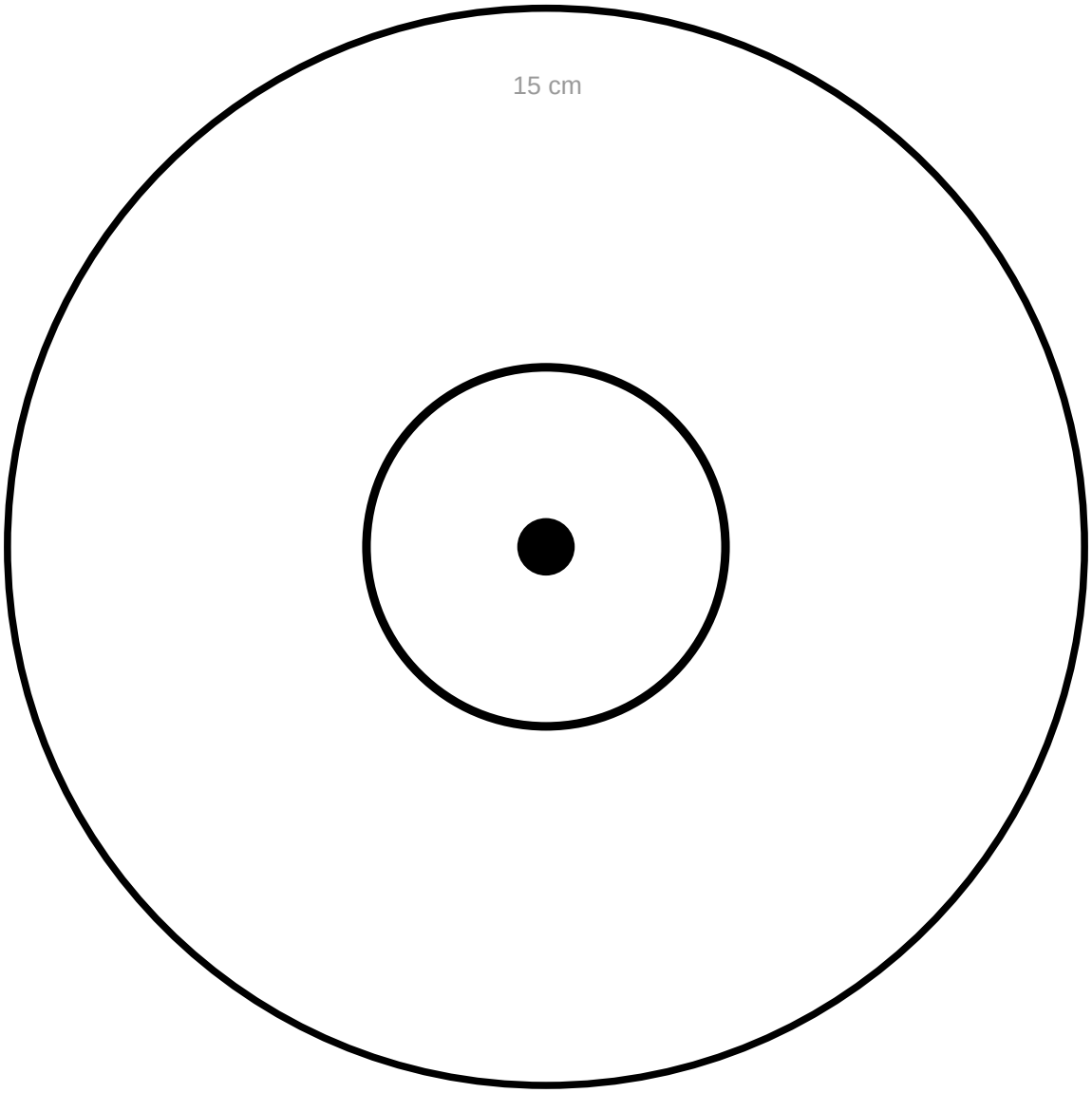
2. Cut each sheet along its red dashed lines (left and top edges that meet another sheet).

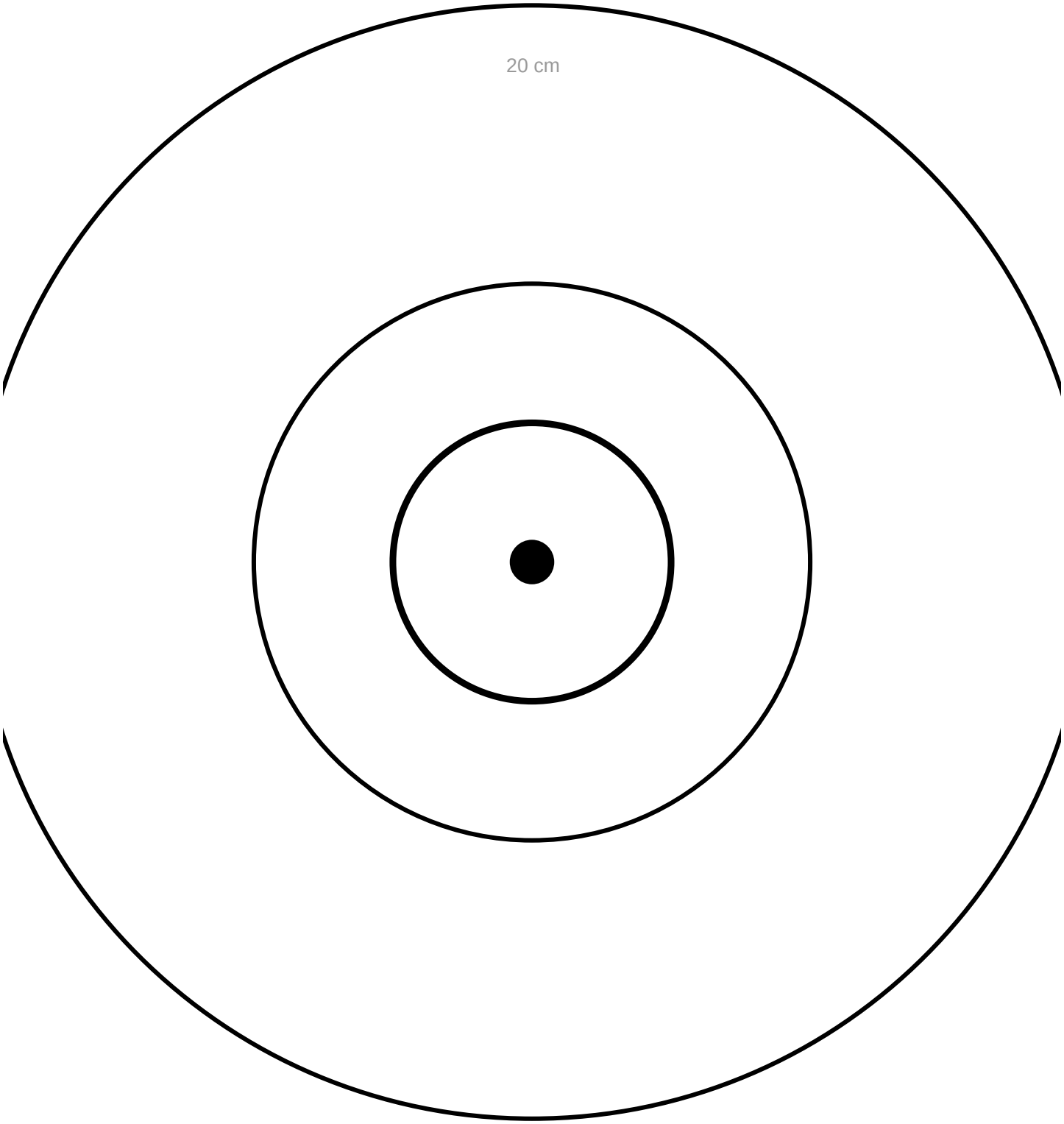
3. Lay each cut edge over the sheet next to it so the lines match, in the order shown. Tape or glue.



10 cm - print at 100% (actual size) and check this line




15 cm


20 cm