

## **For the person being measured:**

- 1.** Person being measured should wear a swimsuit; women should wear the same type suit they wear when diving or surfing and be patient!
- 2.** Stand straight, legs slightly apart.
- 3.** Take a good breath and hold it while the Bust/Chest, Waist & Stomach measurements are taken.
- 4.** Face straight ahead, keeping your eyes and head leveled. It is important that you do not look down, as it will create an error in some of the measurements.

This is a common cause of measurements not being correct, this can not be over emphasized.

***Look straight ahead!***

## **For the person doing the measuring:**

- 1.** You will need a measuring tape a pencil and two magazines and patience.
- 2.** Arm and leg measurements should be taken on the dominant points.
- 3.** Measuring tape should be snug, neither loose nor tight.
- 4.** Please note that many of the measurements connect from one point to the next point. You can leave one end of the measuring tape in place and advance to the next measurement point.
- 5.** Take the time to actually mark the measuring points on the body. This can be done with a felt tip pin, masking tape, or chalk. One very important point to mark is the proper crotch point / Inside Leg. Having the person being measured hold, a magazine between their legs where it fits comfortably in the crotch does this. Then place another magazine horizontally across the first magazine, holding it perfectly leveled. At the point where the second magazine intersects the upper leg, make a dot. This dot will designate the crotch point. It is extremely important that the person be standing straight while this point is being determined.
- 6.** Please find some graphics on the attached illustration page to help you to visualize and to understand how some measurements have to be taken.
- 7.** The rule of "measure twice, cut once" should be strictly followed.
- 8.** Contact us if you have any questions on a measurement or anything else.

# Taking the Measurements:

- 1. Total Body Height:** straight  
to be measured, from the top of your head to the sole of your feet!
- 2. Head:** circumference  
to be measured, above your eyebrows!
- 3. Neck:** circumference  
to be measured, on the spot where a blouse or shirt collar is!
- 4. Bust / Chest:** circumference  
to be measured, at the biggest part of your bust/chest section!
- 5. Waist:** circumference  
to be measured, in the smallest part of your Waist section!
- 6. Stomach:** circumference  
to be measured, around your belly if you have!
- 7. Abdomen:** circumference  
to be measured, around the abdomen!
- 8. Hip:** circumference  
to be measured, around your biggest part of your Hips!
- 9. Shoulder:** slightly short curved  
to be measured, from the collar to the shoulder joint!
- 10. Shoulder to Elbow:** straight down  
to be measured, from the collar to the elbow!
- 11. Shoulder to Wrist:** straight down  
to be measured, from the collar to the wrist!
- 12. Armhole:** circumference  
to be measured, around in the armpit!
- 13. Upper Arm:** circumference  
to be measured, around the smallest part above the biceps!
- 14. Biceps:** circumference  
to be measured, around the biggest part of your biceps!
- 15. Elbow:** circumference  
to be measured, around your elbow joint!
- 16. Forearm:** circumference  
to be measured, around the biggest part of your forearm!
- 17. Wrist:** circumference  
to be measured, around your wrist joints!
- 18. Outside Leg Length:** straight down  
to be measured, from your abdomen to your ankle joint!

# Taking the Measurements:

- 19. Inside Leg Length:** straight down (**very important**)  
to be measured, from crotch point to the ankle joint!  
Please refer again to point 4. In **For the person being measured:**
- 20. Upper Thigh:** circumference  
to be measured, around crotch point!
- 21. Thigh:** circumference  
to be measured, around the middle part of your thigh!
- 22. Above Knee:** circumference  
to be measured, around above the knee joint!
- 23. Knee:** circumference  
to be measured, around the knee joint!
- 24. Below Knee:** circumference  
to be measured, around below the knee
- 25. Calf:** circumference  
to be measured, around the biggest part of your calf!
- 26. Below Calf:** circumference  
to be measured, around the calf muscle!
- 27. Ankle:** circumference  
to be measured, around the ankle joint!
- 28. Shoulder to Bust/Chest Length:** straight down  
to be measured, from shoulder following the contour of your body to the bust/chest!
- 29. Shoulder to waist Length:** straight down  
to be measured, from shoulder following the contour of your body to the waist!
- 30. Shoulder to Hip Length:** straight down  
to be measured, from shoulder following the contour of your body to the Hips!
- 31. Hip to Knee Length:** straight down  
to be measured, from your hip point to the knee!
- 32. Knee to Ankle Length:** straight down  
to be measured, from knee joint to the ankle joint!
- 33. Back shoulder:** across  
to be measured, in the back from shoulder joint to shoulder joint!
- 34. Dorsum:** across  
to be measured, in the back from armpit to armpit!
- 35. Crotch Point:** circumference (**very important**)  
to be measured, around the crotch over the shoulder
- 36. Boot Size:**
- 37. Glove Size:**

# Taking your Measurements

## Customer Details

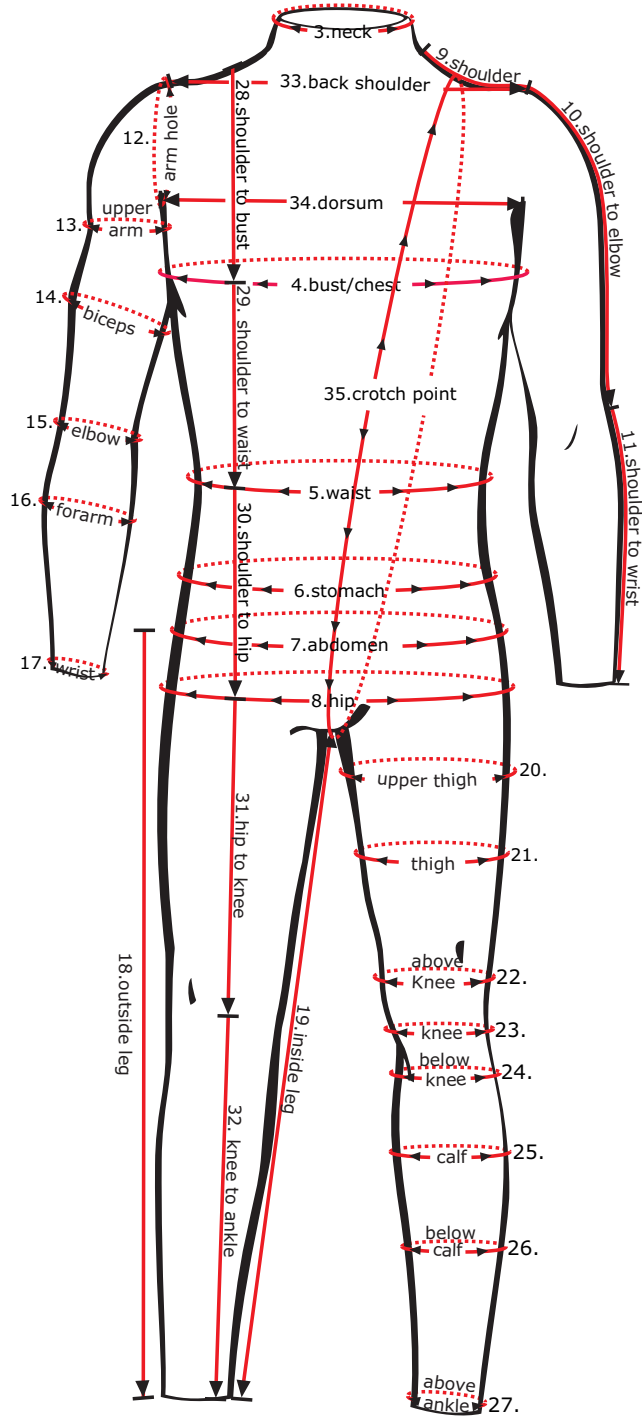
Mrs./Mr.: .....

Home Address: .....

City: .....

Country: .....

E-Mail: .....



1. Total Body Height cm
2. Head cm
3. Neck cm
4. Bust / Chest cm
5. Waist cm
6. Stomach cm
7. Abdomen cm
8. Hip cm
9. Shoulder cm
10. Shoulder to Elbow cm
11. Shoulder to Wrist cm
12. Arm Hole cm
13. Upper Arm cm
14. Bicep cm
15. Elbow cm
16. Forarm cm
17. Wrist cm
18. Outside Leg Length cm
19. Inside Leg Length cm
20. Upper Thigh cm
21. Thigh cm
22. Above Knee cm
23. Knee cm
24. Below Knee cm
25. Calf cm
26. Below Calf cm
27. Above Ankle cm
28. Shoulder to Bust Length cm
29. Shoulder to Waist Length cm
30. Shoulder to Hip Length cm
31. Hip to Knee Length cm
32. Knee to Ankle Length cm
33. Back Shoulder cm
34. Dorsum cm
35. Crotch Point cm
36. Boot Size
37. Glove Size

