

MEASURING GUIDE

HOW TO TAKE MEASUREMENTS CORRECTLY



It is important that take all measurements undressed.



Position the first cord around the base of the neck, as shown.

WHAT DO YOU NEED?

1 MEASURING TAPE 2 PIECES OF CORD:
One for the neck and one for the waist
Using the cord is an easy way to precisely measure otherwise difficult areas of the body. Have a friend help.

Please take note that all the fields are mandatory



Position the second cord, at navel height, and make sure it is horizontally aligned to the body.



i
BICEPS
4

Keep bicep fully tense and measure the targets part



i
FULL ARM
7

Place measuring tape at string around neck. Extend it over the shoulder and elbow to the wrist bone.



i
NECK
8

Neck Circumference at Adam's apple height



i
CHEST
9

Measure the largest part of the chest at nipples level



i
BELLY
11

Position the measuring tape around the belly, half way between measures 10 and 12



i
WAIST
12

Place the measuring tape at the navel height and horizontal



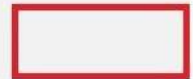
i
BUTTOCKS
13

Place the measuring tape at the widest point, keeping it horizontal



i
THIGH
15

Position the measuring tape at the largest point at the groin level



i
KNEE
16

Position the measuring tape around the knee's center



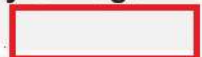
i
CALF
17

Position the measuring tape around the largest point of the calf's muscle



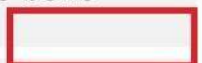
i
WHOLE BODY
26

Measure from the hollow spot at the base of the neck, around the crotch, to the center of the rear neck cord. **VERY IMPORTANT:** make sure the measuring tape is flat against the body has **NO** slack. Keep your legs 30cm apart.



i
OUTSIDE LEG
19

Make sure the cord is around the waist fully lined up with the navel and horizontal. Then extend the measuring tape from the cord down to the outside of the ankle bone



i
INSIDE LEG
20

Position the measuring tape at the highest point of the groin, then extend it down to the center inside of ankle bone

