Man's measurement

*Please check in widest point

Height

Weight

Head circumference

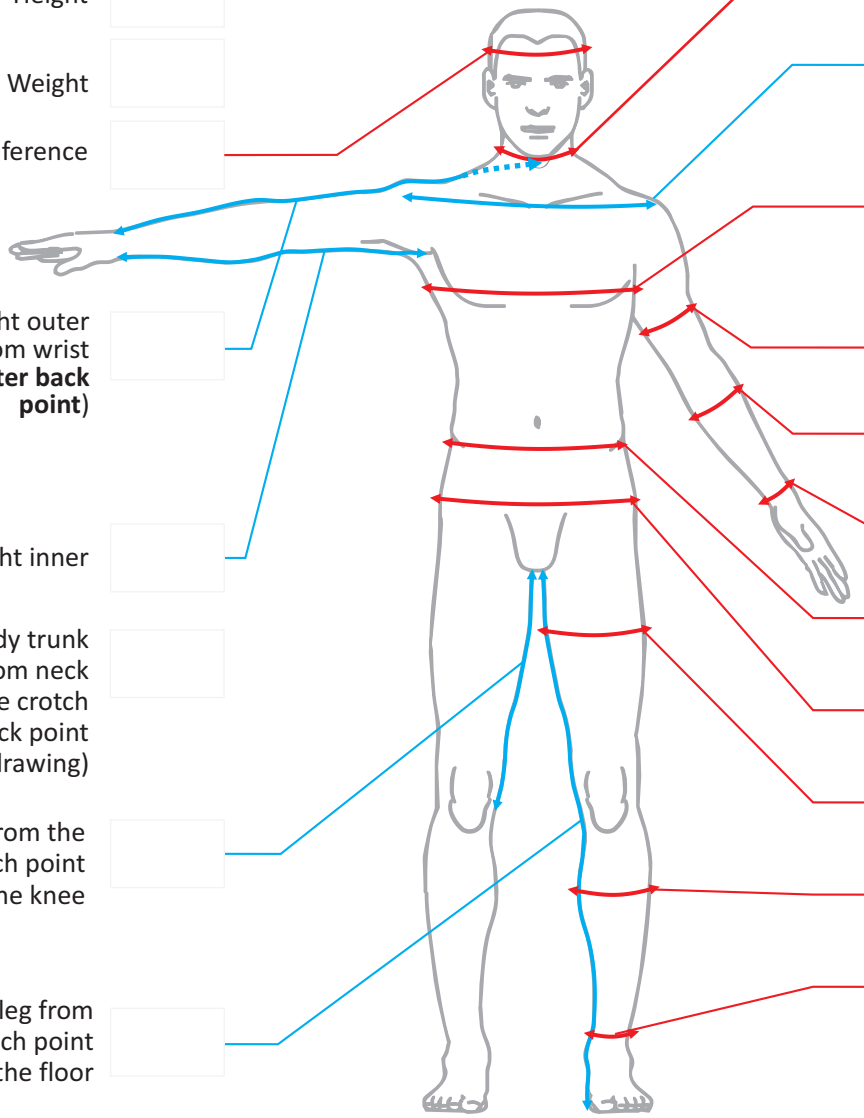
Arm lenght outer (from wrist **to center back point**)

Arm lenght inner

Body trunk from the bottom neck through the crotch to center back point (as per drawing)

Lenght from the crotch point to the knee

Inner leg from the crotch point to the floor



Neck circumference*

Point of shoulder to point of shoulder

Chest* -breathing in

Chest* -breathing out

Bicep*

Forearm*

Wrist*

Waist*

Hips*

Thigh (5 cm below crotch)*

Calf*

Ankle

Shoe size

LEGEND:

circumference

lenght

Ladies measurement

*Please check in widest point

Height

Weight

Arm lenght outer (from wrist **to center back point**)

Arm lenght inner

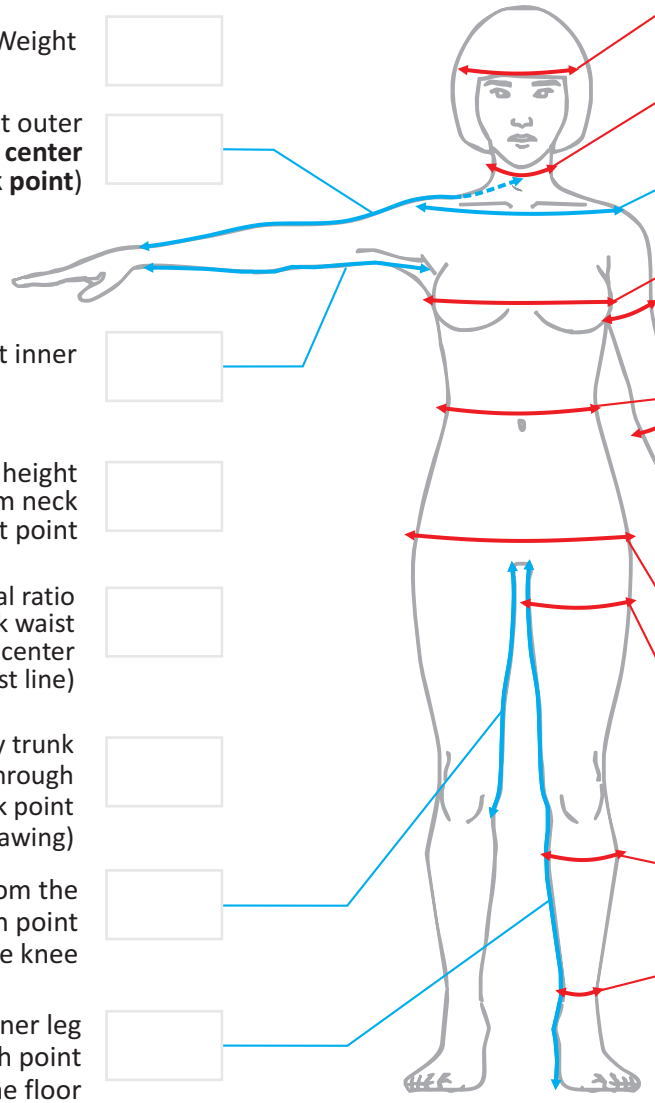
Chest height from bottom neck to breast point

Back height additional ratio need to check waist properly (from center back point to waist line)

Body trunk from the bottom neck through the crotch to center back point (as per drawing)

Lenght from the crotch point to the knee

Inner leg from the crotch point to the floor



Head circumference

Neck circumference

Point of shoulder to point of shoulder

Chest*

Biceps*

Waist (ladies navel point) at the LOWEST circumference

forearm*

Wrist*

Hips *

Thigh (5 cm below crotch)*

Calf*

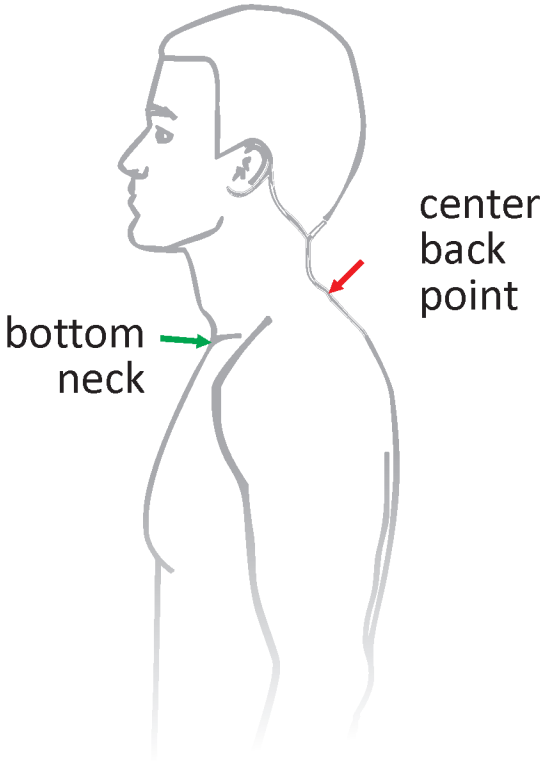
Ankle

Shoe size

LEGEND:

circumference

lenght


center
back
point
bottom
neck

new way of measuring