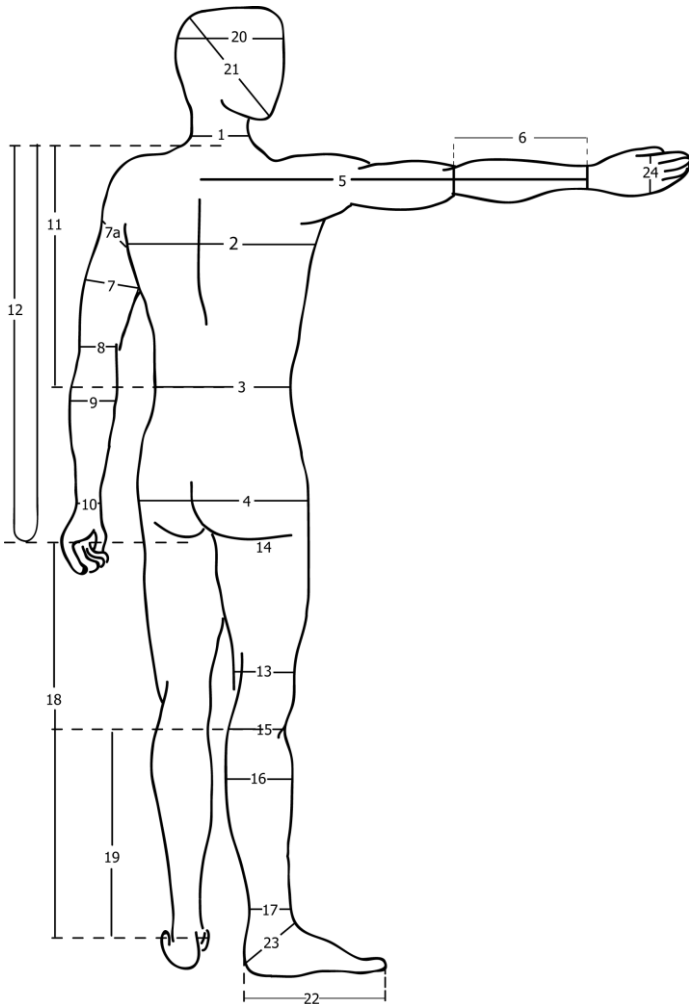


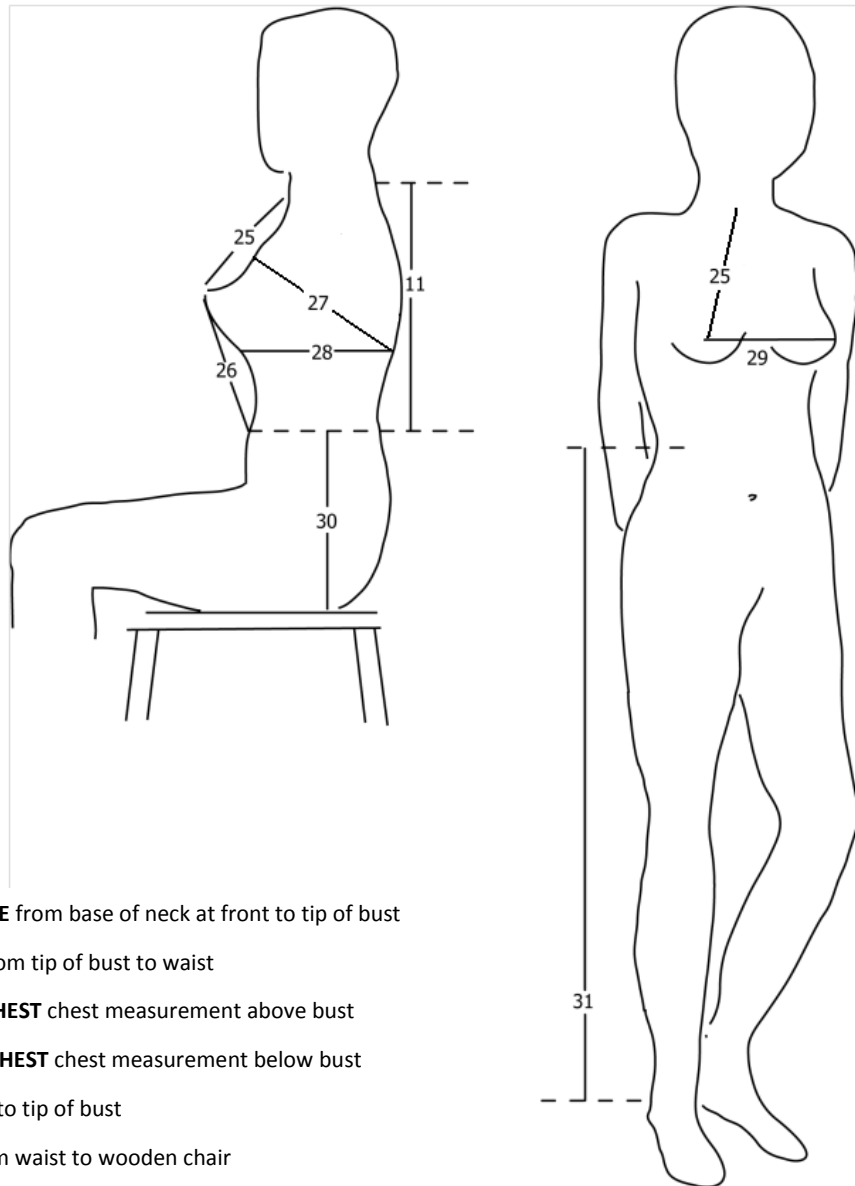
MEASUREMENT CHART

Height	Weight



- _____ 1 **NECK** around smallest part.
- _____ 2 **CHEST** largest section. Relax arms at sides. Remove tape and repeat taking the constant measurement.
- _____ 3 **WAIST** smallest part.
- _____ 4 **SEAT** largest part.
- _____ 5 **FULL ARM LENGTH.** Extend arm horizontally, take measurement from side wrist bone to middle of back between shoulder blades.
- _____ 6 **FOREARM.** With arm horizontal, bend the forearm at right angle and take measurement from top of the elbow to the wrist bone.
- _____ 7 **BICEP.** Centre of bicep with arm hanging relaxed.
- _____ 7A **UPPER BICEP.** Insert tape around top of arm at pit, drop arm, relax.
- _____ 8 **ABOVE ELBOW** at smallest section.
- _____ 9 **FOREARM** around largest part.
- _____ 10 **WRIST** above wrist bone at smallest section.
- _____ 11 **TORSO LENGTH.** Base of rear neck to waist.
- _____ 12 **BODY LENGTH.** Continuous measurement from base of neck through centre of crotch, up the back to base of neck.
- _____ 13 **LEG.** Around leg above knee cap.
- _____ 14 **THIGH.** As far up the leg as possible.
- _____ 15 **KNEE.** Smallest section below knee joint.
- _____ 16 **CALF WIDTH.** Largest part of calf.
- _____ 17 **ANKLE.** Above ankle at the smallest section.
- _____ 18 **LEG LENGTH** from crotch to centre of ankle.
- _____ 19 **CALF LENGTH.** Lower knee cap to centre of ankle.
- _____ 20 **CROWN.** Completely around crown of head.
- _____ 21 **HEAD.** Around point of chin and top back.
- _____ 22 **FOOT.** Length of foot.
- _____ 23 **HEAL & INSTEP.** Around heel and instep.
- _____ 24 **HAND.** Around palm of hand.

MEASUREMENT CHART



- _____ 25 **NECK LINE** from base of neck at front to tip of bust
- _____ 26 **WAIST** from tip of bust to waist
- _____ 27 **UPPER CHEST** chest measurement above bust
- _____ 28 **LOWER CHEST** chest measurement below bust
- _____ 29 **BUST** tip to tip of bust
- _____ 30 **SEAT** from waist to wooden chair
- _____ 31 **BODY LENGTH** from waist to ankle bone at side when standing