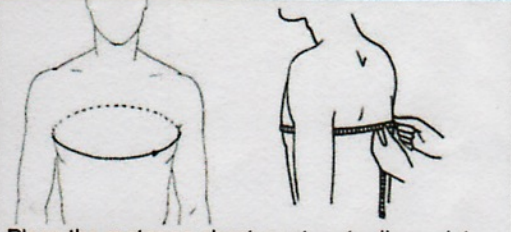


Height: cms.

Surname: Weight: kgs.

**Chest circumference**



Place the meter on chest most protruding point and let it pass under the armpits

Cms.:

**Hips circumference**



Place the meter around the hips, in the wider point, approximately 18 cms under waist point.

Cms.:

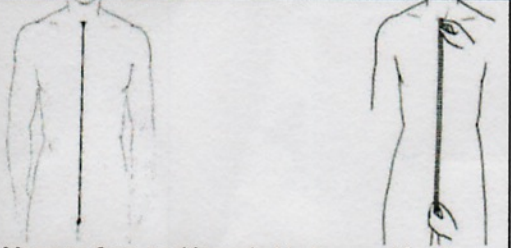
**Width across shoulders**



Tight the meter horizontally from bone to bone

Cms.:

**Bust length**



Measure from neck's socket to trousers' front crutch (use trousers' seam as reference)

Cms.:

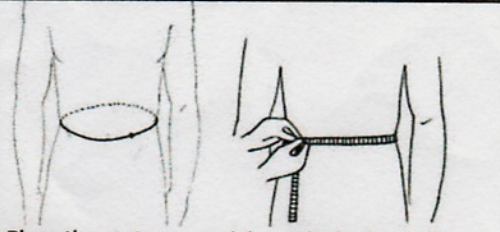
**Internal leg length**



Tighting the meter measure inside from crutch to ankle (crutch as measure G)

Cms.:

**Waist circumference**



Place the meter around the waist horizontally

Cms.:

**Thigh circumference**



Place the meter around the thigh, measuring the wider point, approximately 10 cms from crutch

Cms.:

**Sleeve length**



Measure from shoulder's bone tighting the meter on the elbow, arm slightly bended, up to wrist (bone)

Cms.:

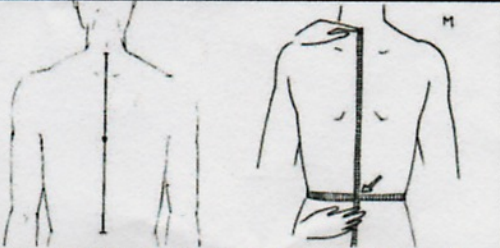
**External leg length**



Side measure placing meter from waist point to ankle (bone)

Cms.:

**Backside length**



Measure from neck's nape lower vertebra along the dorsal thorn up to waist point

Cms.: