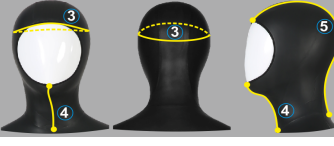





Tailor-make Measurements

**For accurate measurements, please wear nothing more than swimming suit.
Please double check all numbers and units!**

Illustration	NO.	Item	How to Measure; Unit (cm, kg)	
	1	Height	stand straight with feet together	
	2	Weight	weight	
	3	Head circumference	at maximum circumference just above eyebrows	
	4	Curved neck length	from tip of chin to the dip just above sternum	
	5	Hood length	from forehead to cervicale	
	6	Neck circumference	about middle location	
	7	Chest circumference	measure horizontally, at its max amplitude, just under the armpits	
	7b	Female's maximum chest circumference	measure horizontally over the nipples, at its max amplitude; Male, please enter 0	
	7c	Female's chest height	from nipple to the point between neck and shoulder; Male, please enter 0	
	8	Waist circumference	at the narrowest place above belly button	
	9	Hip circumference	at the maximum place around hip	
	10	Armhole circumference	keep arm at 45 degree open to the side, place the measurement tape at the end of clavicle, around the armpit, back to the end of clavicle	
	11	Biceps circumference	about 5-6cm below armpit	
	12	Above-elbow circumference	at the narrowest point just above elbow	
	13	Elbow circumference	at the elbow	
	14	Forearm circumference	at the maximum place around forearm	
	15	Wrist circumference	at the narrowest place just above bone	
		16	Thigh circumference	about 7-8cm below crotch, at the widest place
		17	Above-knee circumference	at the narrowest place just above knee
		18	Knee circumference	at the knee
		19	Below-knee circumference	at the narrowest place just below knee
		20	Calf circumference	at the widest place around calf
21		Ankle circumference	just above the inside bone	
	22	shoulder width	run measuring tap from the end of clavicle, through the point at cervicale, to another end of clavicle on the other side	
	23	Arm length	from end of clavicle to wrist bone	
	24	Sleeve length	distance from cervicale, through the end of clavicle, to wrist bone	
	25	Arm length under armpit	from armpit to wrist bone	
	26	Forearm length	from elbow to wrist bone	
	27	Distance between neck and waist	from clavicle to waist line at the narrowest place	
	28	Distance between neck and ankle	from clavicle to ankle	
	29	Calf length	from knee to ankle	
	30	Inside leg length	from crotch to inside point at ankle	
	31	Total body length front and back	run measuring tap from the dip just above sternum in front, through crotch, to cervicale on the back	