



- A** shoulder width (look for your shoulder bones) _____ cm
- B** neck circumference _____ cm
- C** lower neck circumference _____ cm
- D** armpit shoulder circumference _____ cm
- E** arm length _____ cm
- F** biceps _____ cm
- G** elbow _____ cm
- H** forearm _____ cm
- I** wrist _____ cm
- J** above bust _____ cm
- J1** front chest width (measure between arm-armpit-folds) _____ cm
- J2** back width (") _____ cm
- K** bust _____ cm
- L** nipple distance _____ cm
- M** under bust _____ cm
- N** waist _____ cm
- N1** waist to waist through crotch _____ cm
- N2** waist to waist over shoulder _____ cm
- O** around butt cheeks _____ cm
- P** neck dimple to above bust line _____ cm
- Q** neck dimple to bust line _____ cm
- R** neck dimple to underbust line between breasts _____ cm
over breast _____ cm
- S** neck dimple to waist line _____ cm
- T** neck dimple to butt line _____ cm
- U** inner leg (crotch to above ankle) _____ cm
- V** leg circumference right under butt _____ cm
- W** thigh _____ cm
- X** knee _____ cm
- Y** calf _____ cm
- Z** right above your ankle _____ cm