



- 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**
- J1** front chest width (measure between arm-armpit-folds) \_\_\_\_\_ cm
- J2** back width ( " ) \_\_\_\_\_ cm
- K** bust \_\_\_\_\_ cm
- L**
- M** waist \_\_\_\_\_ cm
- M1** waist to waist through crotch \_\_\_\_\_ cm
- M2**
- N** belt line \_\_\_\_\_ cm
- N1** belt line to belt line through crotch \_\_\_\_\_ cm
- O** around butt cheeks \_\_\_\_\_ cm
- P**
- Q** neck dimple to bust line \_\_\_\_\_ cm
- R** neck dimple to waist line \_\_\_\_\_ cm
- S** neck dimple to belt 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