



lSELF. Measurement Sheet

v1.2

KEY POINTS FOR MEASURING:

- > Use soft style measuring tape.
- > Measure as close to skin as possible with measuring tape taut but not tight.
- > You MUST ask someone else to perform measurements for accuracy.

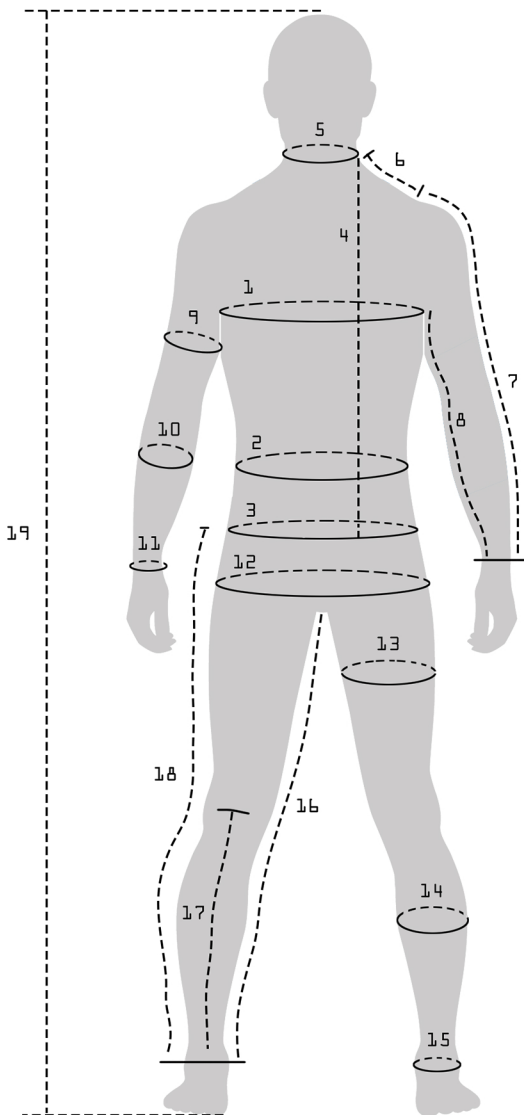
Name:

Age:

Gender:

Weight:

Measurement
(CM)



1. Chest

Fulllest area of chest under armpits

2. Belly

Around full part of belly

3. Waist

Around belt point/waist point

4. Torso

From top of shoulder to waist point

5. Collar

Around neck

6. Shoulder

From bottom of neck to shoulder joint

7. Arm

Shoulder joint to wrist bone

8. Inside Arm

Armpit to wrist bone

9. Biceps

Around muscle flexed

10. Forearm

Around muscle flexed

11. Wrist

Around wrist bone

12. Hip

Around full part of buttock

13. Thigh

around fullest part of thigh

14. Calf

Around fullest part of calf

15. Ankle

Around ankle bone

16. Inseam

From crotch to ankle bone

17. Lower leg

From middle of kneecap to ankle bone

18. Outseam

From waist to ankle bone

19. Total height

Top of head to bottom of feet

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