

MEASURING INSTRUCTIONS

① NECK

The neck measurement is taken around the neck at middle height between shoulders and chin.

② CHEST

Measure all the way around your chest and back under your armpits on the line of your nipples, make sure the tape stays level. Stand in a relaxed posture and breathe out.

③ WAIST

Measure the circumference at the narrowest point, usually just above the belly button. Don't suck in your stomach, stand in a relaxed posture and breathe out.

④ HIPS

Measure around the widest part of the hipbones. Start at one hip and wrap the tape around your rear, around the other hip, and back to where you started.

⑤ SHOULDERS

Think of a line going straight up from your armpit to your shoulder. Measure between those two points and hold the tape measure straight.

⑥ ARMS

With your elbow bent slightly, start at the bone at the shoulder/top of the arm and measure down on the outside of your arm to the elbow, and then on to the wrist just past the bone at the outside.

⑦ LEGS

This is the distance from the uppermost inner part of your thigh to the bottom of your ankle just past the bone on the inside.

⑧ TORSO

Start right above the upper end of your breast bone in the middle of your rip cage, and measure straight down to your crotch.

⑨ BODY

Your normal body height, head to toe.

⑩ SHOE

Your EU shoe size.

