

MEASURING TIPS

Wear Fitted Clothing

For precise measurements, ask the person being measured to wear form-fitting clothing to eliminate bulk and provide accurate results.

Maintain a Relaxed State

Advise the person being measured to stand in a relaxed, natural posture to avoid tension in muscles that could affect measurements.

Measure Snugly on the Body

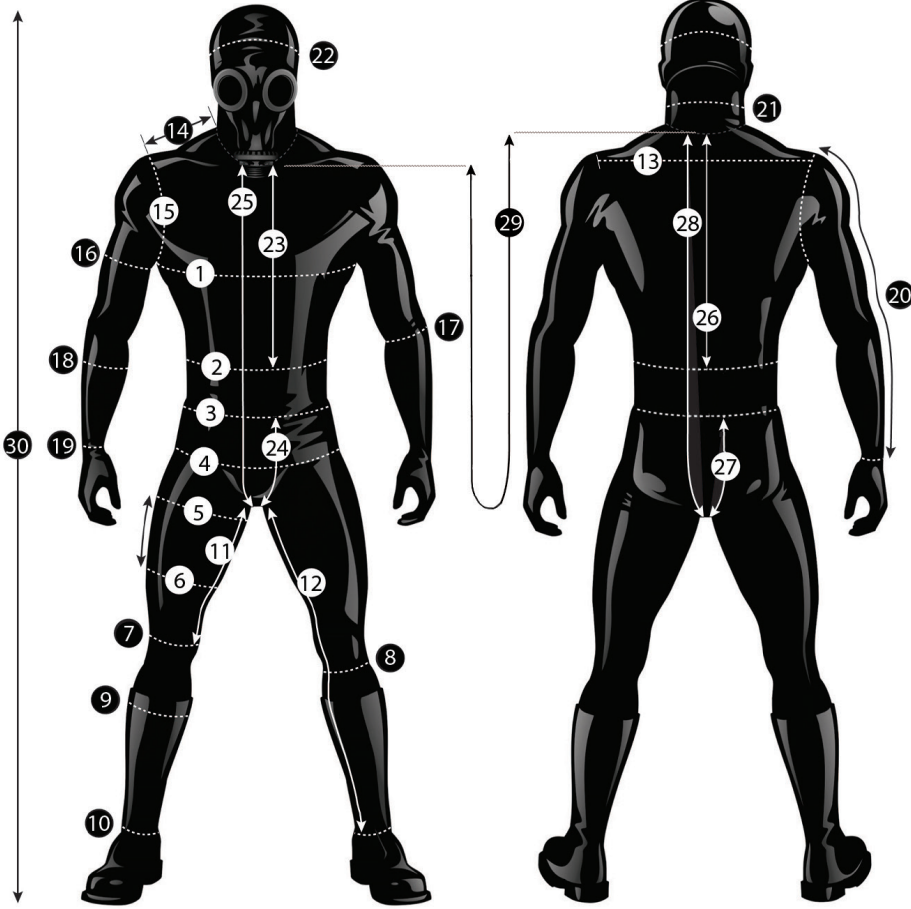
Ensure the measuring tape is snug against the body without being too tight or too loose, providing accurate measurements.

Measure Perpendicular to the Floor

Keep all circumferences straight in relation to the floor or vertical body to maintain consistency and avoid distortions in measurements caused by angles.

Measure Twice for Accuracy

Repeat measurements to confirm accuracy and identify any discrepancies.



Customer Name _____

- 1 CHEST (circumference directly at the position of the nipples)
- 2 WAIST (circumference directly at the natural position of your waist usually just above the naval)
- 3 HIPS (circumference directly at the position of the hip bone)
- 4 SEAT (circumference at the widest part of the bum)
- 5 TOP THIGH (circumference at 5cm down from the crotch)
- 6 LOWER THIGH (circumference 15 cm below TOP THIGH [NO.5])
- 7 AROUND KNEE (circumference at the centre of the joint)
- 8 BELOW KNEE (circumference at the base of the joint)
- 9 CALF (circumference at the widest point of the calf)
- 10 ANKLE (circumference above the ankle joint, point at which the leg is to finish)
- 11 CROTCH TO CENTRE OF THE KNEE (measure straight down on the inside of the leg to point of AROUND KNEE [NO.7] measurement)
- 12 INSIDE LEG (measure straight down on the inside of the leg to point of ANKLE [NO.10] measurement)
- 13 ACROSS SHOULDERS (measure straight between the shoulder joints across the back)
- 14 SHOULDER LENGTH (measure straight from side base of neck to shoulder joint)
- 15 ARM HOLE (circumference from point of shoulder joint underneath the armpit)
- 16 AROUND BICEP (circumference at the widest point)
- 17 AROUND ELBOW (circumference at the centre of the joint)
- 18 AROUND FOREARM (circumference at the widest part)
- 19 AROUND WRIST (circumference at the narrowest part of the wrist, point at which the sleeve is to finish)
- 20 ARM LENGTH (measure straight on the outside of the arm from point of the SHOULDER [NO.15] to point of WRIST [NO.19])
- 21 COLLAR (circumference around the neck, just below the Adam's apple)
- 22 CROWN only measurement that is taken tilted (circumference around the head)
- 23 CF NECK TO WAIST (measure from the clavicle between the collarbones to in line with the WAIST [NO.2])
- 24 FRONT RISE (measure from a central spot in the crotch to in line with the HIPS [NO.3])
- 25 FRONT RISE TO NECK (measure from a central spot in the crotch to the clavicle between collarbones)
- 26 CB NECK TO WAIST (measure from the base of the neck to in line with the WAIST [NO.2])
- 27 BACK RISE (measure from a central spot in the crotch to in line with the HIPS [NO.3] over the buttcheeks)
- 28 BACK RISE TO NECK (measure from the crotch to the base of the neck at CB)
- 29 TOTAL TORSO (measure from CF NECK [NO.23] to CB Neck [NO.26] in one go)
- 30 HEIGHT

General Body Build: Average Slim Large Big & Muscled

All garments will be made on the basis of measurements supplied. We cannot accept responsibility if garments made correctly do not fit. ©REGULATION 2024