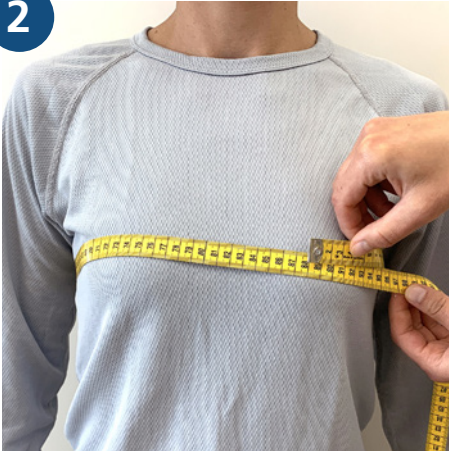


Measuring instruction

How to measure correctly Instructions 2 to 7

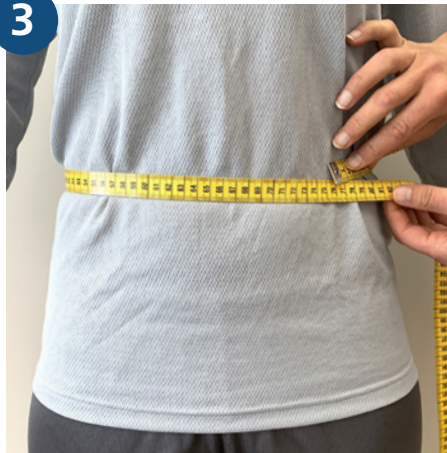
2



Chest measurement

Measure around the widest part of the chest.

3



Waist circumference

Measure around the narrowest part of the waist.

4



Buttocks circumference

Measure around the widest part of the hips resp. buttocks.

5



Side length

Measure without shoes along the outside of the leg from the waist over the hip to the sole of the foot.

6



Leg length (crotch)

Measure without shoes from the crotch along the inside of the leg to the sole of the foot.

7



Upper arm circumference

Measure around the strongest part of the upper arm.

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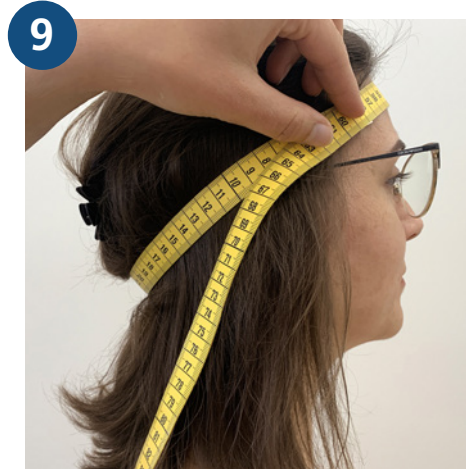
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Measuring instruction

How to measure correctly Instructions 8 to 12



8
Thigh circumference
Measure around the strongest part of the thigh.



9
Head circumference
Measure around the strongest part of the head.



10
Neck circumference
Measure around the thickest part of the neck.



11
Inner arm length
Measure the inside of the **slightly bent** arm from the armpit to the wrist.



12
Back length
Measure the length in the middle of the back from the neck (height of the 7th cervical vertebra) to the waist.