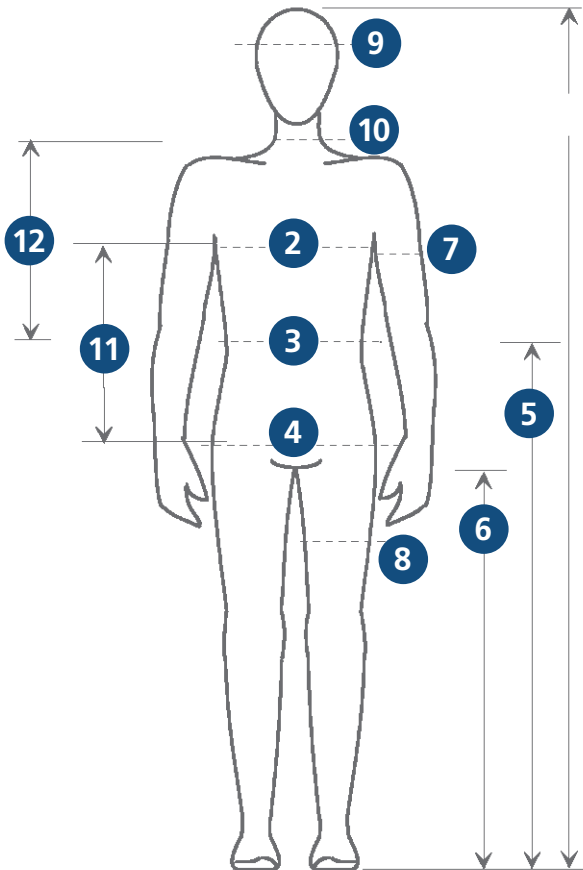


# Personal dimensions

Please measure the body dimensions over thin clothing and follow the measuring instructions



## Data

Company

Name /wearer

Gender

Clothing size

 cm cm cm

Special dimensions

Order No.

Contact person / Phone

Date

- 1 Body height**  
Measure from the highest point of the head to the sole of the foot without shoes.  cm
- 2 Chest measurement**  
Measure around the widest part of the chest.  cm
- 3 Waist measurement**  
Measure around the narrowest part of the waist.  cm
- 4 Buttock girth**  
Measure around the widest part of the hip or buttocks.  cm
- 5 Side length**  
Without shoes, measure along the outside of the leg from the waist to the hip to the sole of the foot.  cm
- 6 Leg length (step)**  
Without shoes, measure from the crotch along the inside of the leg to the sole of the foot.  cm
- 7 Upper arm circumference**  
Measure around the strongest part of the upper arm.  cm
- 8 Thigh circumference**  
Measure around the strongest part of the thigh.  cm
- 9 Head circumference**  
Measure around the strongest part of the head.  cm
- 10 Neck circumference**  
Measure around the strongest part of the neck.  cm
- 11 Inner arm length**  
Measure inside along the **slightly bent arm** from the armpit to the wrist.  cm
- 12 Back length**  
Measure the length in the middle of the back from neck to waist.  cm

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