

RECOMMENDATIONS

- Help from a **second person is mandatory!**
- **Remove your shoes.**
- Use a soft measuring tape graduated in **centimetres.**
- Measure the **skin or over a very thin under layer, but not over clothing.**
- **Breathe normally.**

1. Collar circumference

Measure around the neck in a loop at the medium level.

2. Shoulders span

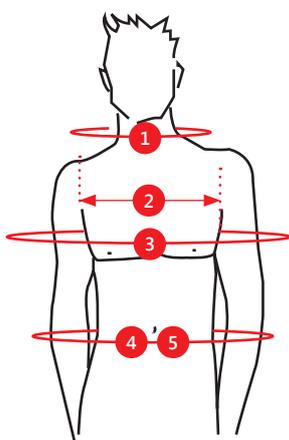
Use the armpit vertical line as a reference. And measure straight across the upper chest from one side to the other.

3. Chest circumference

Measure around your back to the front in a loop at the widest point.

4. Waist circumference

Measure around the waist in a loop at the thinnest point.

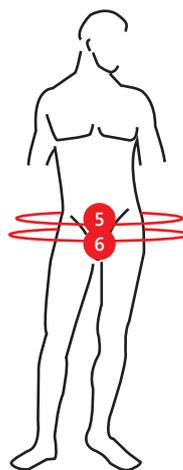


5. Pelvis circumference

Locate the line at the tip of the iliac bones. Measure around the body at this level.

6. Hips circumference

Measure at the hips, around the top of your bottom to your front at the widest point.



For each of the following measurements, solely measure the largest point.

7. Thighs circumference (upper level)

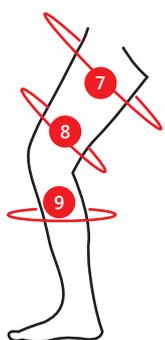
Measure around your thigh in a loop at the upper widest point.

8. Thighs circumference (lower level)

Measure around your thigh in a loop at the lower thinnest point, a few centimetres above the knee.

9. Calfs circumference

Measure around your calf, in a loop at the widest point.



10. Knees circumference

Stand up straight, with no bend in the legs. Measure around the knee, taking «the knee cap» as a guide.

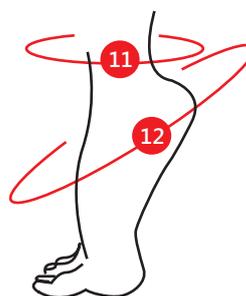


11. Ankles circumference (the thinnest point)

Measure around your ankle in a loop at the thinnest point.

12. Instep foot circumference (lower level)

Lift the heel keeping the tip of the foot to the ground. Measure around the foot through the heel and the forefoot.



13. Crotch to knee length

Place the tape measure between your fingers (as in the drawing) and check that it is not twisted.



Locate the tape very carefully from the crotch (i.e. the point where all the seams meet on pants or trousers). Bend slightly at the knee. Measure from the crotch along the inside thigh to the knee (midpoint of inside knee).

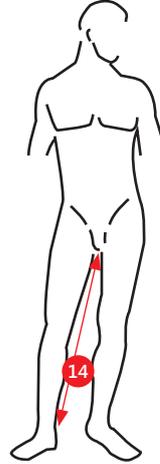


14. Crotch to ankle length

Place the tape measure between your fingers (as in the drawing) and check that it is not twisted.



Locate the tape very carefully from the crotch (i.e. the point where all the seams meet on pants or trousers). Get back in an upright standing position. Measure from the crotch to the malleolus (small bone on the inside of the ankle).

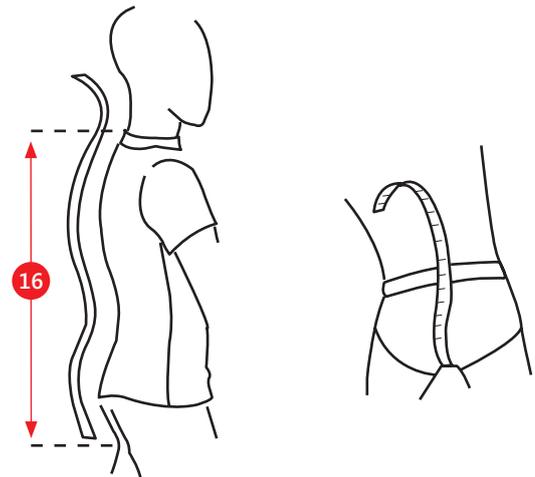
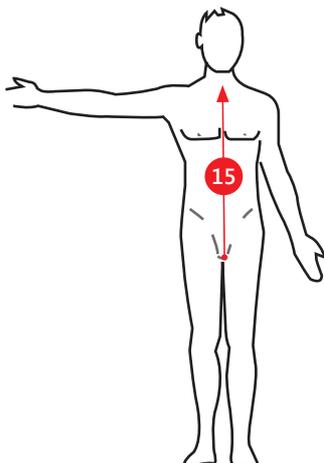


15. Chest height

Locate the tape very carefully from the crotch (i.e. the point where all the seams meet on pants or trousers). Place the tape measure **flat** (as in the drawing) at this point and check that it is not twisted.



Get back in an upright **standing position**. Measure from the crotch to the hollow of the throat. From bottom to top, the measuring tape should always be pressed against the skin and follow the curves of the body.



16. Back height

a/ Before starting this step, we recommend you wear a T-shirt with a classic round neck (not too tight, not too wide, not V-neck).

Standing behind you, your assistant should locate at the bottom of your neck (using the t-shirt as an aid) where to start the collar of your suit. Using a pen, carefully mark this point against the skin (see drawing).

b/ **Locate the tape very carefully from the crotch** (i.e. the point where all the seams meet on pants or trousers).

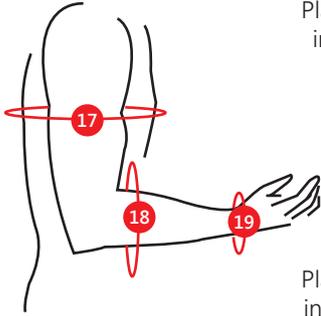
Place the tape measure **flat** (as in the drawing) at this point. And check that it is not twisted.

c/ Get back into an upright standing position. Measure from the crotch to the pen mark on the neck.

For each following of the measurements, solely measure the largest part

17. Biceps circumference

Place your arms in the position shown in the drawing. Measure around the bicep (**ensure it is relaxed**, do not contract/ tense the muscle) at the widest point, with the arm at 90°.

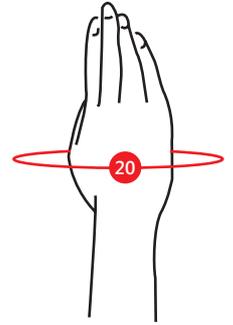
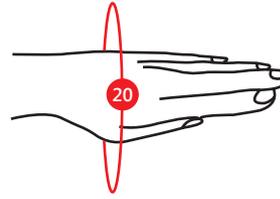


18. Forearms circumference

Place your arms in the position shown in the drawing. Measure at the widest point, around the forearm muscle (ensure it is relaxed, do not contract/ tense the muscle).

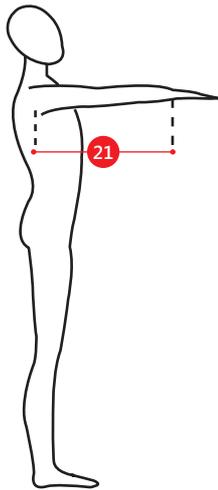
19. Wrists circumference

Measure the thinnest part.



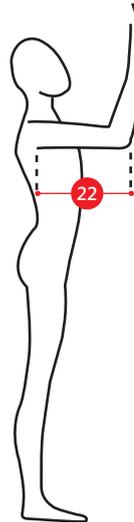
20. Hands circumference

Place your hand in the position shown in the drawing, as if you are reaching into the smallest hole possible. Then measure at the widest level.



21. Arms length

Stand up straight and extend your arms in front of you. Your assistant should stand on your side. Starting from the armpit measure along the arm to the end of the wrist.



22. Armpit to elbow length

Stand up straight and extend your arms in front of you. Your assistant should stand on your side. Then lift the forearm to the position shown in the drawing. Starting from the armpit, measure to the tip of the elbow.

EUR	UK	US	JAP
38	5	7	24

23. Shoe size