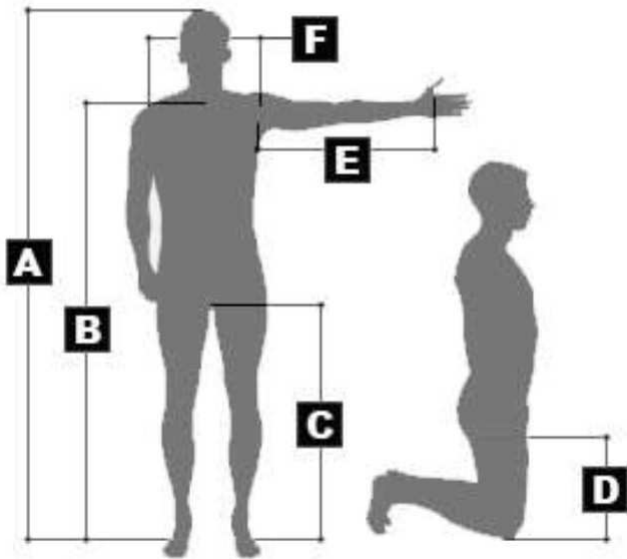


## BODY MEASUREMENTS

You will need a book and a tape measure. Although you can do the measurements yourself, it is advised to have someone else taking the measurements off you. Also, check the results twice to make sure that you get a consistent result. Please use metric values (mm).



A	Height: In stocking or bare feet, stand with heels and rump against the wall; feet should be 18 cm apart.	
B	Total Body Length: Assume the same stance used for Height. Measure from the ground to the lowest point of your sternal notch.	
C	Inseam: Remaining in the Height stance, hold a book with a 3.5cm binding so the binding is pressed hard against your crotch - like a saddle - and the bottom of the book is against the wall. Measure from the ground to the book is against the wall. Measure from the ground to the top edge of the binding.	
D	Upper Leg: Use the same method as measuring the inseam, standing on your knees. Make sure that your thigh is vertical while measuring	
E	Arm: Hold your arm outstretched to your side, horizontal to the ground. Grip a pencil in your fist, perpendicular to your arm. Measure from the pencil to your rib cage, just under your arm.	
F	Shoulder Width: Measure the distance between the two bones (Acromion) protruding from the top of the shoulders.	
G	Shoe size (Euro size):	
H	Weight (kg):	

Notes regarding physical condition: