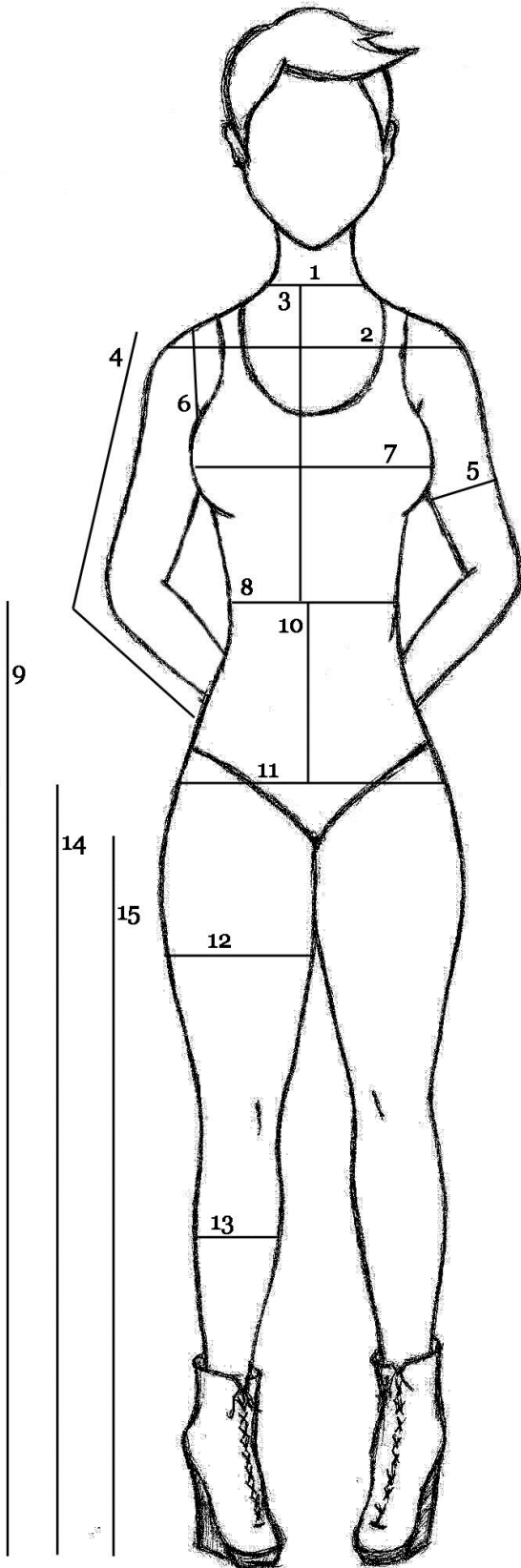


How to Take Measurements

Instructions



#1 Neckline: Around the base of the neckline

#2 Shoulder length: From the side- neck to the shoulder point

#3 Neck to Waist: From the base of the neck to the waistline

#4 Arm length: From top of shoulder to wrist, keeping the arm slightly bent at the elbow

#5 Biceps: Around the biceps with arm slightly bent and the biceps relaxed

#6 Armhole: Top of shoulder to under the arm back to shoulder

#7 Bust: The fullest part of the bust, keeping the tape parallel to the floor

#8 Waist: The circumference of the marked waistline

#9 Waist to Floor: The perpendicular distance from the waistline to the floor at the center front

#10 Crotch length: From the front waist through the legs to the back waist

#11 Hips: The circumference of the hip line

#12 Thigh: The circumference of the upper thigh

#13 Calf: The circumference of the calf

#14 Leg (Outer Seam): From the side waist to the preferred pants hem

#15 Leg (Inner Seam): From the lowest part of the crotch to the preferred pants hem

Tools Needed

- 1) Flexible measuring tape
- 2) A form- fitting T-shirt or leotard with set in sleeves
- 3) A friend to help (optional)