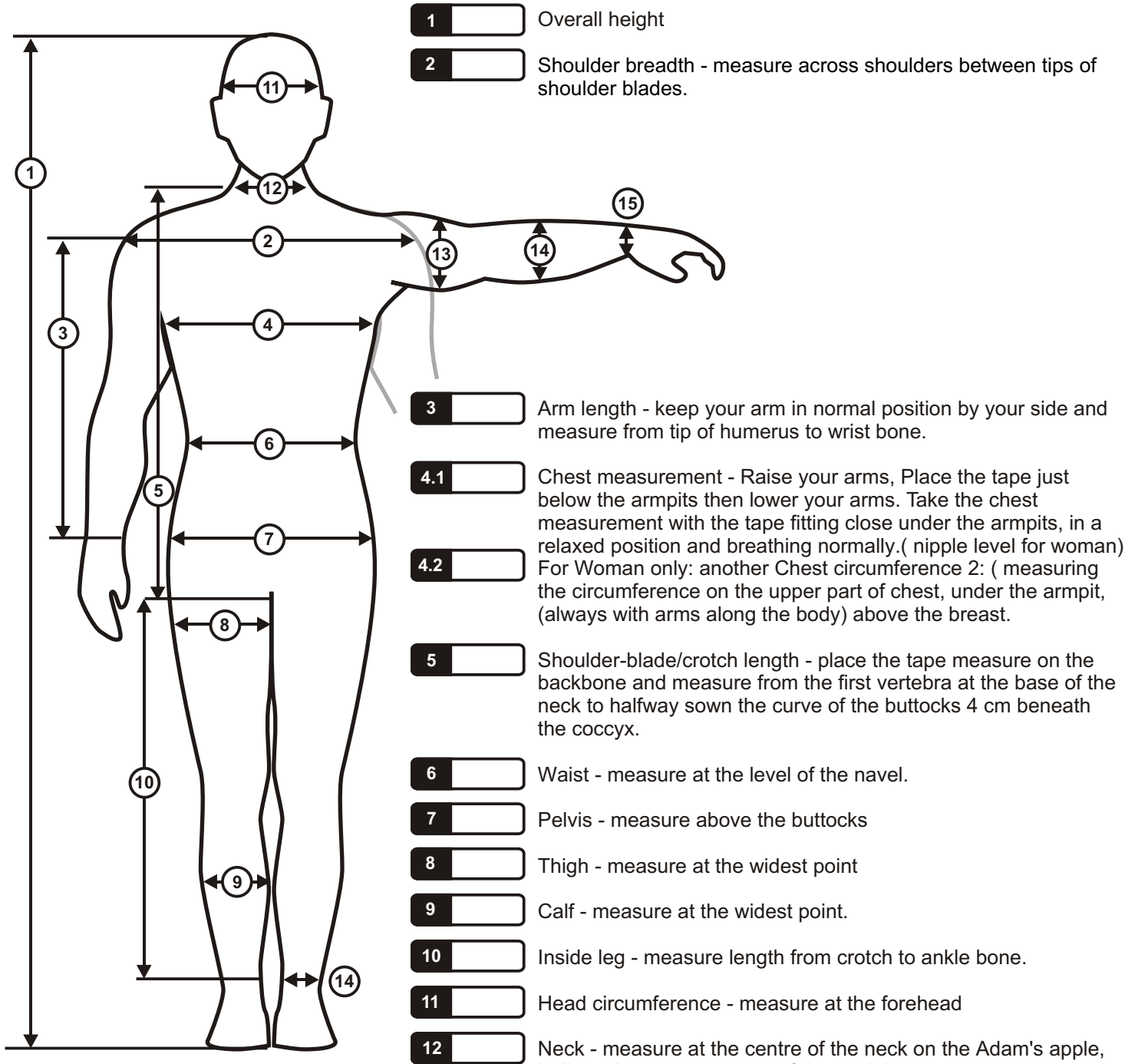


## MADE TO MEASURE FORM



- 1**  Overall height
- 2**  Shoulder breadth - measure across shoulders between tips of shoulder blades.

- 3**  Arm length - keep your arm in normal position by your side and measure from tip of humerus to wrist bone.
- 4.1**  Chest measurement - Raise your arms, Place the tape just below the armpits then lower your arms. Take the chest measurement with the tape fitting close under the armpits, in a relaxed position and breathing normally. ( nipple level for woman)
- 4.2**  For Woman only: another Chest circumference 2: ( measuring the circumference on the upper part of chest, under the armpit, (always with arms along the body) above the breast.

- 5**  Shoulder-blade/crotch length - place the tape measure on the backbone and measure from the first vertebra at the base of the neck to halfway down the curve of the buttocks 4 cm beneath the coccyx.

- 6**  Waist - measure at the level of the navel.

- 7**  Pelvis - measure above the buttocks

- 8**  Thigh - measure at the widest point

- 9**  Calf - measure at the widest point.

- 10**  Inside leg - measure length from crotch to ankle bone.

- 11**  Head circumference - measure at the forehead

- 12**  Neck - measure at the centre of the neck on the Adam's apple, Indicate in a separate note if the neck is visibly long or short and if the chin is particularly pronounced.

- 13**  Biceps - with your arm at your side measure at the centre of the muscle.

- 14**  Forearm circumference - measure at the widest point a few centimetres below the elbow.

- 15**  Wrist - measure at the smallest point.

- 16**  Ankle - measure a few millimetres above the ankle bone



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