

How to take measurements

Your personal data sheet. Print this form out, if you need help for your measurements.

Country:

Last name:

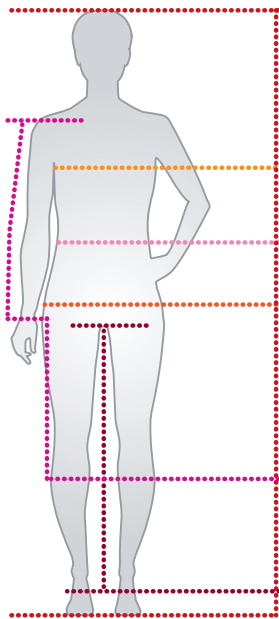
First name:

Age:

Body Height:

Weight:

Women



Body height in cm
without shoes from crown to sole

Chest circumference in cm
Measure horizontally around the body below the arms, above the strongest part of the chest

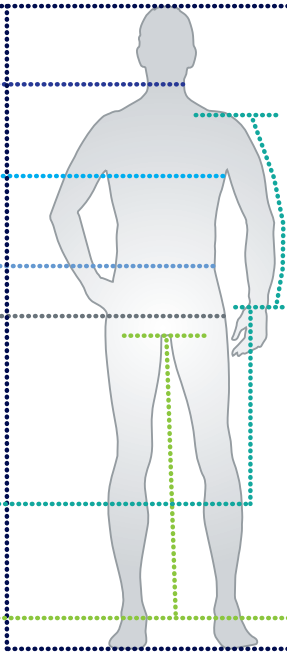
Waist size in cm (belt line)
Measure loose around the waist without lacing

Hip circumference in cm
Measuring tape around the strongest part of the hips

Sleeve length in cm
with slightly bent arm from the arm ball over the elbow to the wrist

Inside leg length/step length in cm
along the leg from the crotch towards the floor (also possible to take this measurement from a pair of fitting suit pans)

Men



Body height in cm
without shoes from crown to sole

Collar size in cm
Apply the measuring tape loosely around your neck at the height of the collar and take measure

Chest circumference in cm
Measure horizontally around the body below the arms, above the strongest part of the chest

Waist size in cm (belt line)
Measure loose around the waist without lacing

Hip circumference in cm
Measuring tape around the strongest part of the hips

Sleeve length in cm
with slightly bent arm from the arm ball over the elbow to the wrist

Inside leg length/step length in cm
along the leg from the crotch towards the floor (also possible to take this measurement from a pair of fitting suit pans)