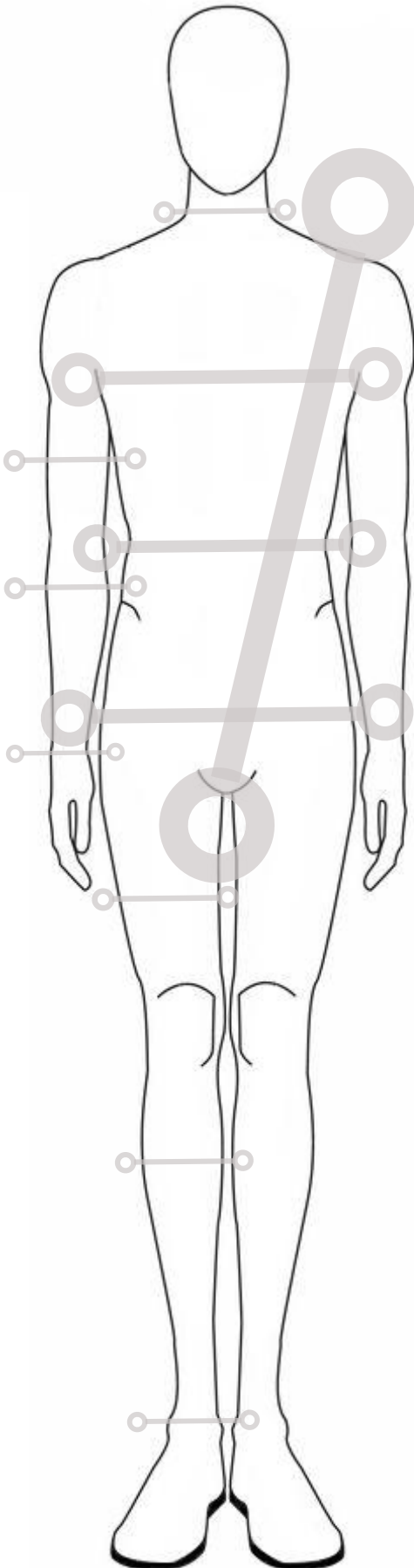


# CIRCUMFERENCE MEASUREMENTS

*these are to be taken in a circular manner*



## **NECK**

*around the neck*

## **CHEST**

*around the chest*

## **WAIST**

*around the natural waist, between the rib cage and the hip bones*

## **HIPS**

*around the glutes and hip joints with feet together; standing like a soldier*

## **TORSO**

*diagonally around the torso of body like a sash, capturing all curves*

## **PANT**

*from the belly button down under the torso, back up to the base of the spine*

## **THIGH**

*around the middle of the thigh*

## **CALF**

*around the middle of the calf*

## **ANKLE**

*around the ankle, above the joint*

## **BICEP**

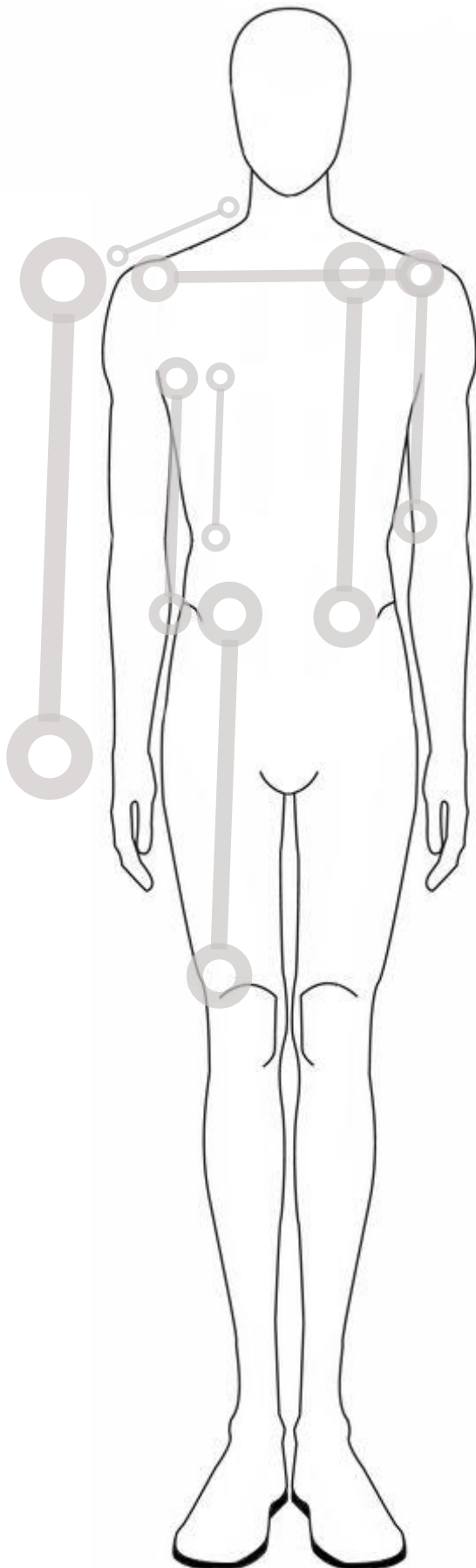
*around the middle of the upper arm, with arms relaxed at the sides of the body*

## **ELBOW**

*around the widest part of the elbow joint, with arms relaxed at the sides of the body*

## **WRIST**

*around the wrist on the hand side of the joint*



# LINEAR (1 of 2) MEASUREMENTS

*these are to be taken along a straight line*

## **SHOULDER**

*from the base of the neck to the shoulder seam*

## **COLLARBONE**

*from one shoulder seam to the other, across the collarbone*

## **ARM**

*from the shoulder seam down the length of the arm with the arms relaxed at the sides of the body*

## **SHOULDER TO WAIST**

*from the shoulder seam, down the front of the torso to the natural waist*

## **UNDERARM TO WAIST**

*from the base of the underarm, down the side of the torso to the natural waist*

## **SHOULDER TO HIP**

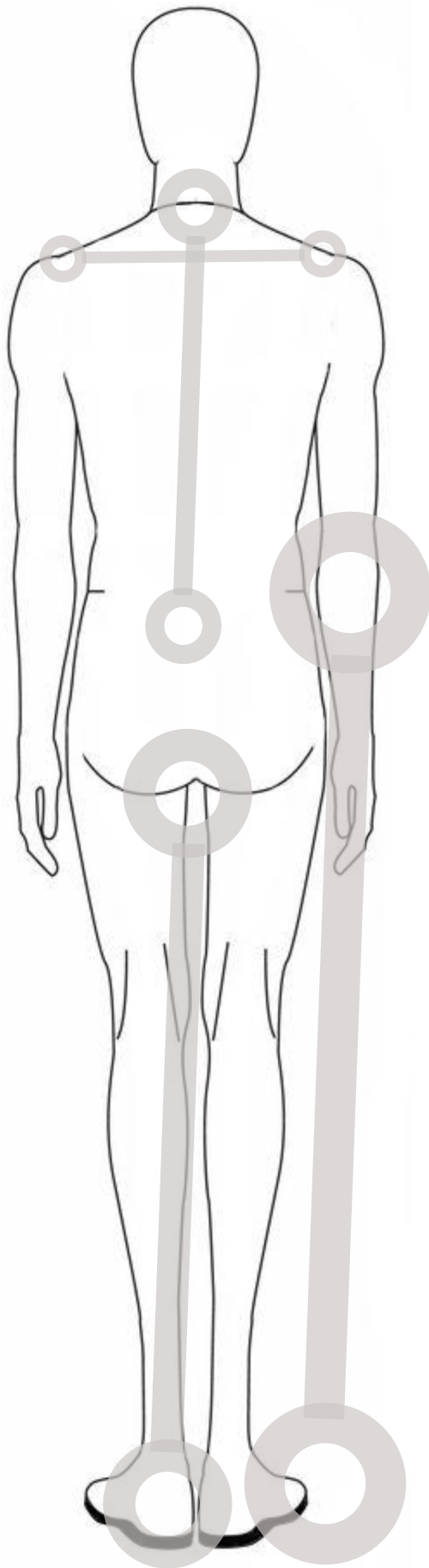
*from the shoulder seam, down the front of the torso to the crest (top) of the hip bone*

## **UNDERARM TO HIP**

*from the base of the underarm, down the side of the torso to the crest (top) of the hip bone*

## **SKIRT**

*from the crest (top) of the hip bone down the front of the thigh to the top of the kneecap*



## LINEAR (2 of 2) MEASUREMENTS

*these are to be taken along a straight line*

### **OUTSEAM**

*from the crest (top) of the hip bone down the length of the outside of the leg to the floor; feet together and standing like a soldier*

### **INSEAM**

*from the base of the torso down the length of the inside of the leg to the floor; feet together and standing like a soldier*

### **TRAPEZIUS**

*from one shoulder seam to the other, across the trapezius*

### **BACK**

*from the base of the neck to the base of the spine*