

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Page: 1 of 2

Body measurements (please enter in cm)		Brief description	Please note when measuring
1	Body height	head to toe (without shoes)	distance between the highest point of the head and the sole of the foot in an upright position
2	Back length / Waist length	seventh cervical vertebra up to the waist	distance from the seventh cervical vertebra to the waist, measured along the spine
3	Buttock length / Hip depth	lateral distance waist to hip	measured on the side of the body, distance between waist and hip circumference
4	Side length / outer leg length	lateral distance waist to sole of foot (without shoes)	measured on the side of the body, distance between waist and sole of the foot (from waist to hip the tape measure runs on body along)
5	Knee length	distance waist to the middle of the kneecap	measured on the side of the body distance from the waist to the middle of the kneecap
6	Calf length / Knee height	distance from the middle of the kneecap to the sole of the foot	measured on the side of the body, distance between center of kneecap to the sole of the foot
7	Stride length / inner leg length	distance step up sole of the foot (without shoes)	vertical distance between the deepest point of the trunk (step) and stand space
8	Arm length	seventh cervical vertebra – shoulder point – wrist	distance between seventh cervical vertebra above shoulder point up to the wrist at the side outstretched arm position
9	Shoulder width / Shoulder length	from the base of the neck to shoulder point	length from the base of the neck to the shoulder point (acromion) drooping arms
10	Upper arm length	distance shoulder point – elbow	distance between shoulder point and elbow with slightly bent arm hanging down
11	Outer arm length	shoulder point – elbow – wrist	distance between shoulder point over elbow to wrist at drooping bent arm
12	Upper arm circumference	strongest point in upper arm area	maximum horizontal circumference in the upper arm area (strongest expression)
13	Forearm circumference	strongest point in forearm area	maximum horizontal circumference in the forearm area (strongest expression)

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Page: 2 of 2

Body measurements (please enter in cm)		Brief description	Please note when measuring
14	Wrist circumference	scope over carpal bones	scope over the carpal bones measured
15	Neck circumference	circumference of the neck	circumference at the base of the neck at the level of the seventh cervical vertebra and the shoulder attachment points
16	Chest size / Bust	strongest point in chest area	maximum horizontal circumference under the armpits over the highest expression of the breast
17	Waist size	natural waistline, narrowest part	circumference on the natural waistline between the highest point of the hipbones and the lowest ribs
18	Buttocks circumference / Hip circumference	strongest point in hip area	maximum horizontal circumference in the area of the buttocks / hips at the strongest lateral or rear expression
19	Thigh circumference	strongest point in thigh area	maximum horizontal circumference in the thigh area (strongest expression)
20	Calf circumference	strongest point in calf area	maximum horizontal circumference in the calf area (strongest expression)
21	Ankle circumference	smallest size in ankle area	minimum horizontal circumference of the leg above the ankle
22	Torso length	neck – crotch – seventh cervical vertebra	length from the base of the neck over crotch area up to the seventh cervical vertebra
23	Weight	specification in kg	
24	Shoe size	specification in Central European dimensions	

Adress:	
Phone:	email:
Dealer:	