

Measuring instructions

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Body	y 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 floor in an upright position
2	Back length	seventh cervical vertebra to the waist	distance from the seventh cervical vertebra to the waist, measured along the spine
3	Hip depth	lateral distance waist to hip	measured on the side of the body, distance between waist and hip
4	Outer leg length	distance waist to floor (without shoes)	measured on the side of the body, straight line between waist to hip to the floor
5	Knee length	distance waist to the middle of the kneecap	measured on the side of the body from the waist to the middle of the kneecap
6	Knee to floor	distance from the middle of the kneecap to the floor (without shoes)	measured on the side of the body from center of kneecap to the floor
7	Inner leg length	distance inseam to the floor (without shoes)	vertical distance between the crotch and the floor
8	Arm length	spinal column to shoulder point to wrist	distance between spinal column above shoulder point up to the wrist in outstretched arm position
9	Shoulder length	from the base of the neck to shoulder point	length from the neck to the shoulder point (acromion) with arms hanging down
10	Upper arm length	distance shoulder point to elbow	distance between shoulder point and elbow with slightly bent arm
11	Outer arm length	shoulder point to elbow to wrist	distance between shoulder point over elbow to wrist with slightly bent arm
12	Bicep	strongest point in upper arm area	maximum horizontal circumference in the upper arm area (strongest expression)
13	Forearm	strongest point in forearm area	maximum horizontal circumference in the forearm area (strongest expression)
14	Wrist	circumference around carpal bones	measured over the carpal bones



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Body	measurements (please enter in cm)	Brief description	Please note when measuring
15	Neck	circumference of the neck	circumference at the base of the neck at the level of the seventh cervical vertebra
16	Chest	strongest point in the chest area	maximum horizontal circumference under the armpits on the highest expression of the breast
17	Waist	natural waistline	circumference on the natural waistline between the highest point of the hipbones and the lowest ribs
18	Hips	strongest point in the hip area	maximum horizontal circumference in the area of the hips at the strongest lateral or rear expression
19	Upper thigh	strongest point in the thigh area	maximum horizontal circumference of the upper thigh
20	Calf	strongest point in calf area	maximum horizontal circumference in the calf
21	Ankle	smallest circumference in the ankle area	minimum horizontal circumference of the leg above the ankle
22	Torso length	neck to crotch to seventh cervical vertebra	length from the neck at the front through crotch up to the seventh cervical vertebra
23	Weight	specification in kg	
24	Shoe size	specification in Central European dimensions	

Adress:	
Phone:	email:
Dealer:	