



WOMAN MEASUREMENTS

Date : / /.....

1- Total height

From the base of the heel to the top of the head

2- Bust

the fuller part of the chest (at nipple level)

3- Waist

The smallest part of the torso

4- Hips

The widest part of the pelvis

5- Waist to knee

From the waist down to the knee joint

6- Arm length

With the arm slightly bent, from the top of the shoulder through the elbow down to the wrist

7- Bust height

From the nape of the neck to the apex of the bust

8- Biceps

The widest part of the upper arm

9- Thighs

The widest part of the thigh