

1. HEIGHT

Distance from head to floor/foot.

2. NECK TO WAIST

Distance from the sternum to your waist.

See front view on page 3.

3. CHEST/BUST

Circumference underneath the armpits and at the fullest part of your bust / chest. Breathe normally.

4. UNDER CHEST/BUST

Circumference of the body immediately below the breasts/pectoral muscles.

5. WAIST

Circumference between the highest part of the hip bones and the lower ribs.

6. MID HIP

Circumference of the trunk measured midway between the waist (5) and buttock (7).

7. BUTTOCK

Circumference around the fullest part of the buttocks, measured at hip height.

8. SHORT INSEAM

Distance from groin level to where you would like the hem of the shorts to sit.

9. UPPER KNEE

Circumference above the knee, where you would like the short hem to sit.

10. KNEE

Circumference of the knee at the top of the tibia/shin bone.

11. SHOULDER LENGTH

Distance from the base of the neck to the shoulder joint with arms hanging.

12. OUTSIDE ARM LENGTH

Distance from the shoulder joint to the wrist bone, measured over the elbow with arms hanging. See side view on page 3.

13. UPPER ARM

Circumference of the upper arm, measured just below the arm base, with hanging arms.

14. ELBOW

Circumference of the elbow joint.

15. FOREARM LENGTH

Distance from the wrist (15), along the inside of the forearm to the elbow joint (13). See arm view on page 3.

16. WRIST

Circumference of the wrist measured over the wrist bones. See arm view on page 3.

17. HAND CIRCUMFERENCE

Circumference of the hand at the lower thumb and lower little finger joints. See arm view on page 3.

18. INSIDE LEG LENGTH

Distance from groin level to the floor with legs slightly apart.

19. THIGH

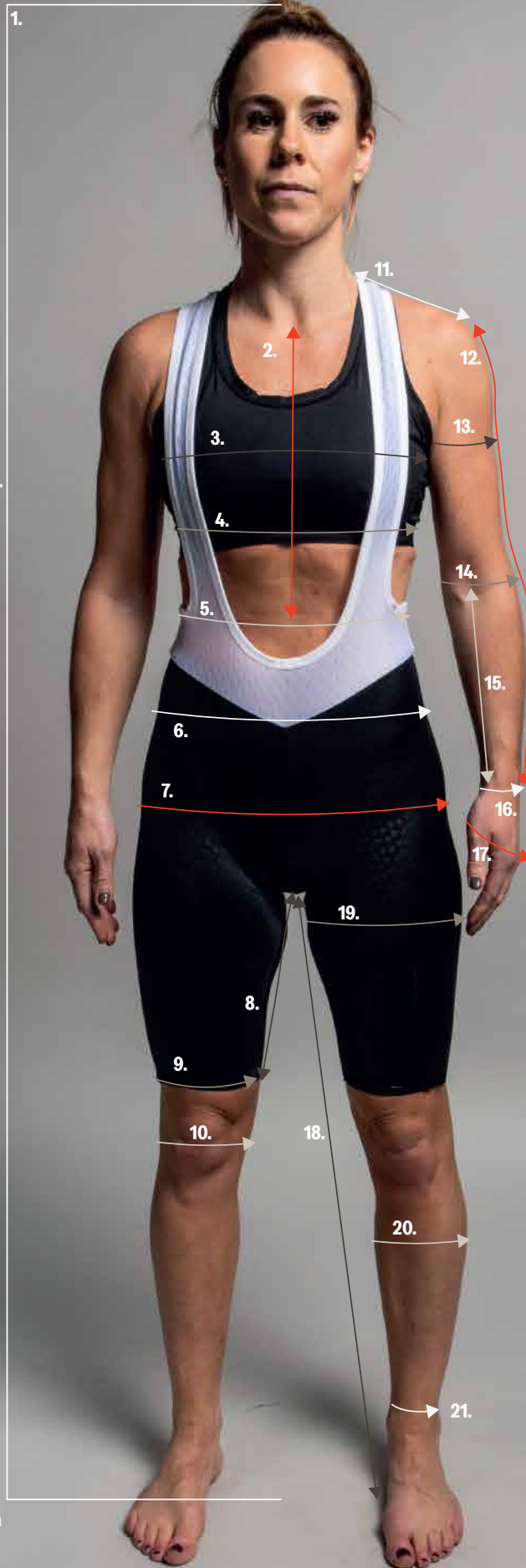
Circumference the fullest part of the thigh.

20. CALF

Circumference of the fullest part of the calf.

21. UPPER ANKLE

Circumference directly above the ankle bone.



NØPINZ

NØPINZ

TIP

Ensure the tape goes over bust whilst wearing your sports bra, not between bust



3. CHEST/BUST

- 4.
- 5.
- 6.
- 17.



- 9. UPPER KNEE
- 10. KNEE
- 20 CALF
- 21. UPPER ANKLE



22. BACK WIDTH

Distance from armpit to armpit, measured halfway between the shoulder joint and lower armpit.