

NØPINZ



**MADE TO  
MEASURE**

## 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

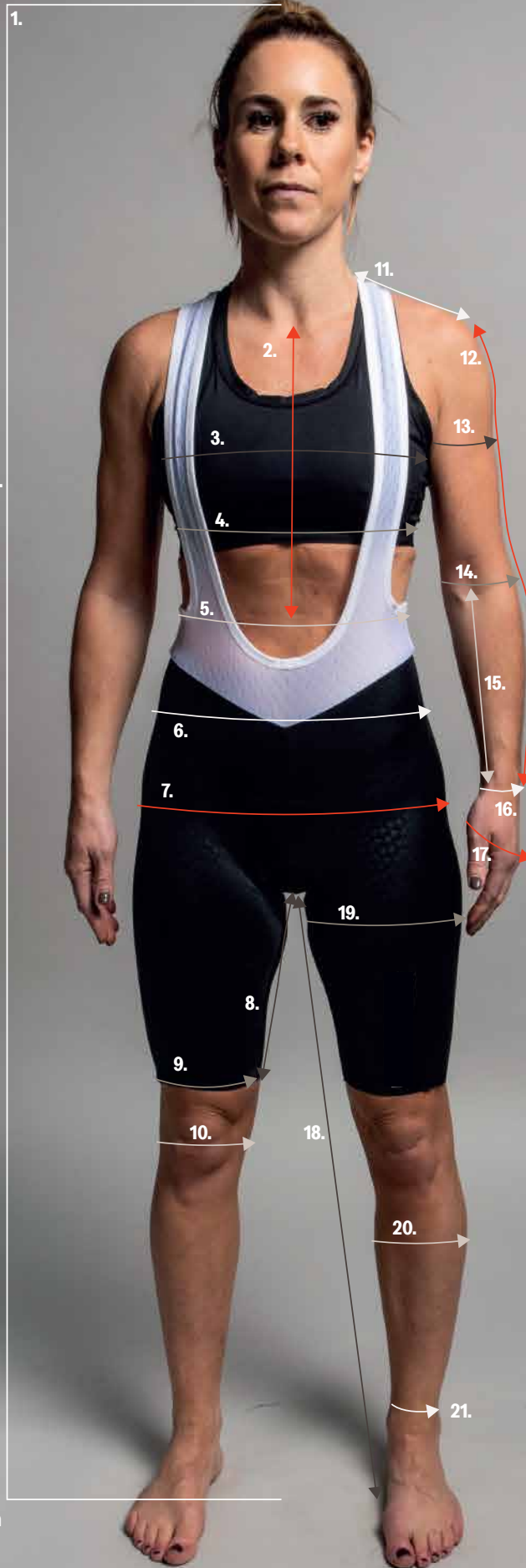
Circumference the fullest part of the thigh.

## 20. CALF

Circumference of the fullest part of the calf.

## 21. UPPER ANKLE

Circumference directly above the ankle bone.



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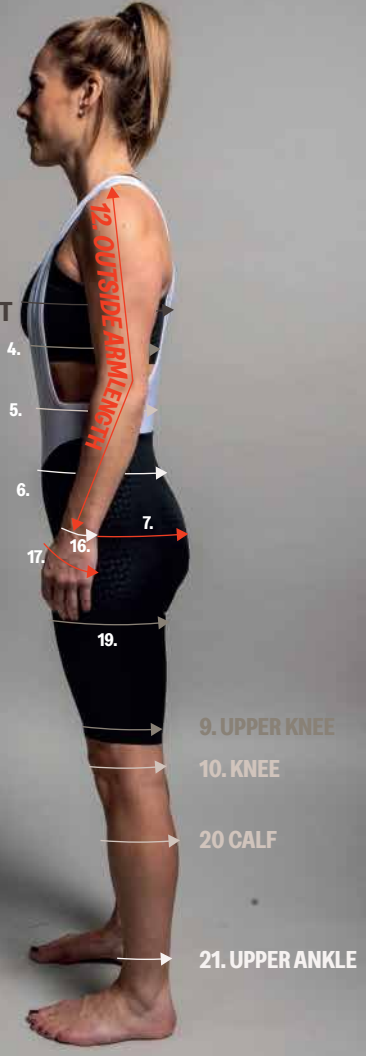
## TIP

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



## 3. CHEST/BUST

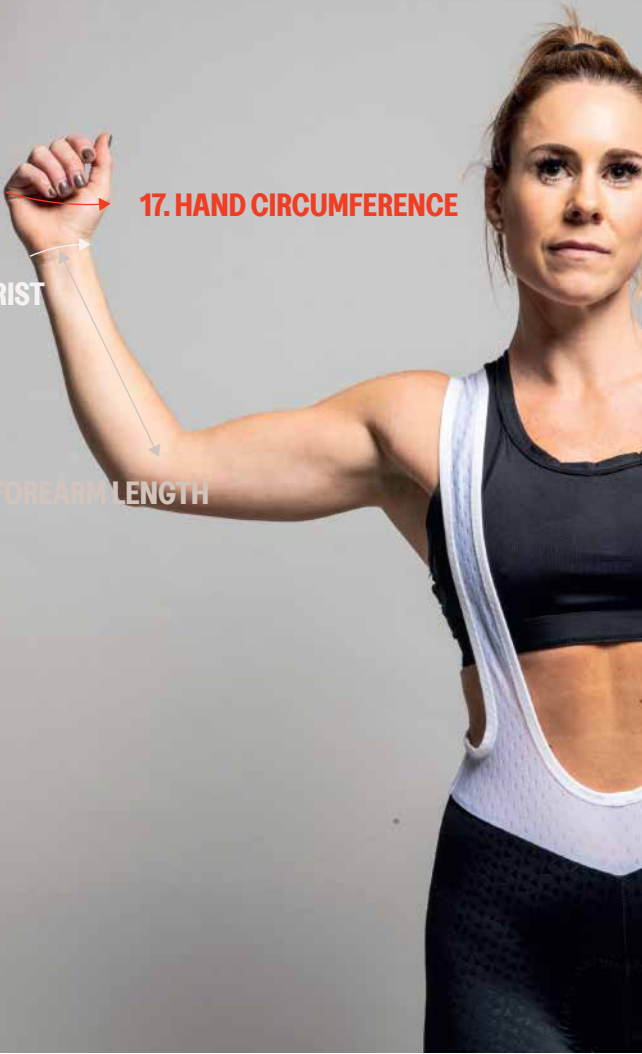
- 4.
- 5.
- 6.
- 17.



## 16. WRIST

## 17. HAND CIRCUMFERENCE

## 15. FOREARM LENGTH



## 22. BACK WIDTH

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

# NØPINZ

NAME: .....

ADDRESS: .....  
.....

## 1. HEIGHT

Distance from head to floor/foot. ....

## 13. UPPER ARM

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

## 2. NECK TO WAIST

Distance from the sternum to your waist. ....  
See front view on page 3.

## 14. ELBOW

Circumference of the elbow joint. ....

## 3. CHEST/BUST

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

## 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.

## 4. UNDER CHEST/BUST

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

## 16. WRIST

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

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

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## 6. MID HIP

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

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

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

## 19. THIGH

Circumference the fullest part of the thigh. ....

## 8. SHORT INSEAM

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

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Circumference of the fullest part of the calf. ....

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

## 21. UPPER ANKLE

Circumference directly above the ankle bone. ....

## 10. KNEE

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

## 22. BACK WIDTH

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

## 11. SHOULDER LENGTH

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

## 23. WEIGHT

To the nearest KG. ....

## 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.

## 24. SHOE SIZE

EU size. ....