

A- Measure around the neck at the level of the adam's apple.



B- Starting at the bone at the centre of the base of the neck, measure to the centre of the wrist bone (keeping the arms parallel).



C- Starting at the bone at the centre of the base of the neck and keeping the arm bent 90 degrees, measure to the tip of the elbow (keeping the arms parallel).



D- Measure with the arms bent 90 degrees upwards.



E- Place the tape in the crook of the elbow, bend the arm fully, and measure around the elbow.



F- Measure the largest part of the forearm.



G- Measure around the wrist.



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SUITS

- H- Start at the collarbone (where it meets with the trapezius at the shoulder seam) and measure to the centre of the pectoral (the largest part).



- I- Measure from the bone at the tip of one shoulder to the other, straight across the back.



- J- Measure the largest part of the chest, with the arms perpendicular to the floor.



K- Measure at belly button level.



L- Measure at the largest part. (Standing with feet shoulder width apart).



M- Measure at the largest part.



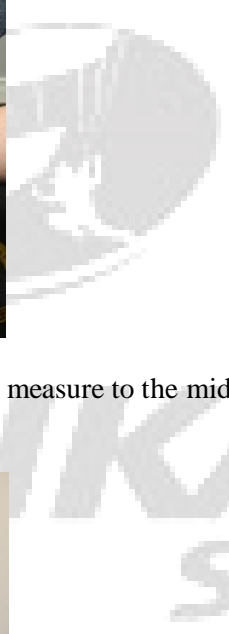
N- Measure at the largest part.



O- Measure over the ankle bone.



P- Place the end of the tape at the crotch seam and measure to the middle of the kneecap (following the contour of the leg).



Q- Start like 'P' and measure to the floor (with shoes on), keeping feet shoulder width apart. Measure in a straight line.



R- Start at the base of the hole in the throat and measure to the belly button.



- S- Starting with the tape between the legs (at the seam), measure to the base of the hole in the throat (standing up straight).



- T- Starting at the hole in the throat, measure the full torso by going between the legs to the neck bone at the back. The tape should not be too loose or too tight.



U- Tie a cord to the waist point (belly button). Start the tape at the neck (cervical) to the line of belly button (cord)



V- For pants: Tie a cord to the waist point (belly button). Start the tape on the front and go to the back.

