|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **№** | **cm** | **Name of measurement** | **15** |  | Elbow |
| **1** |  | Neck | **16** |  | Forearm |
| **2** |  | Neck to shoulder bone | **17** |  | Wrist |
| **3** |  | Chest | **18** |  | Waist to knee |
| **4** |  | Belly | **19** |  | Waist to ankle |
| **5** |  | Waist | **20** |  | Waist to floor |
| **6** |  | Hips | **21** |  | Neck to floor |
| **7** |  | Thigh | **22** |  | Front waist to back waist through shoulder |
| **8** |  | Knee | **23** |  | Front neck to back waist |
| **9** |  | Shin | **24** |  | Front neck to back neck |
| **10** |  | Ankle | **25** |  | Back bone to wrist |
| **11** |  | Front neck to waist | **26** |  | Circumference of shoulder |
| **12** |  | Shoulder bone to shoulder bone | **27** |  | Shoulder to elbow |
| **13** |  | Back neck to waist | **28** |  | Elbow to wrist |
| **14** |  | Biceps | **29** |  | Crotch to ankle |

Put on your back and chest protectors if you are going to use it before taking measurements.

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Height\_\_\_\_\_\_\_\_\_\_\_Weight\_\_\_\_\_\_\_\_\_\_ 