



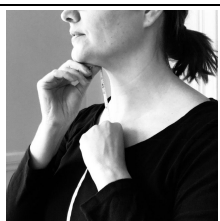
# MyBodyModel™ Measurement Guide

## 1 General


Body Model Name:
Inches or Centimeters:




Measurement name	Your measurement	Instructions
Height		Enter your full height in inches or centimeters. E.g. If your height is 5'4", write 64. If your height is 1.55 m, write 155.

## 2 Head


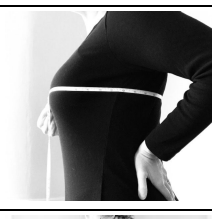

Measurement name	Your measurement	Instructions	Photo
Head Circumference		Measure around head above ears	
Neck Circumference		Measure around the base of the neck	
Neck Length		Keeping the measuring tape taut (not curved) measure from your center collarbone to where your neck meets your underchin.	

## 3 Arms & Shoulders



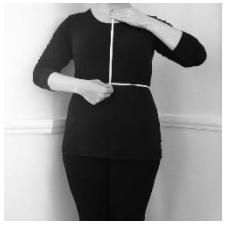
Measurement name	Your measurement	Instructions	Photo
Shoulder Width (Front)		Keeping the measuring tape taut (not curved) measure from one shoulder point to the other (shoulder seamline for tops with set-in sleeves). These points are marked by the bones at the upper tips of your shoulders, where the shoulder meets the arm.	

Bicep Circumference		Measure around the widest section of the upper arm	
Forearm Circumference		Measure around your arm at the widest part of your forearm, below the elbow	
Shoulder to Wrist Length		Measure from the tip of your shoulder cap to your wrist bone.	



#### 4 Chest


Measurement name	Your measurement	Instructions	Photo
High Bust Circumference		Measure by placing the tape above your bust, around your body just under your arms, with arms down at your sides	
Full Bust Circumference		Measure by placing the tape around the fullest part of the bust, around your body with the tape measure straight across the back	
Under Bust Circumference		Measure around your rib cage by placing the tape just under your bust, with the tape measure straight across the back	

## 5 Waist




Measurement name	Your measurement	Instructions	Photo
Waist Circumference		Measure around your body along the elastic that you tied around your natural waist - i.e. where your body bends to the side	
Neck to Waist (Back)		Bend your head forward to find the most prominent bone in the back of your neck and measure vertically down the spine to the elastic along your back waist	
Neck to Waist (Front)		Standing straight with legs together, measure along the front midline of your body, between your front collarbone and your waist elastic, keeping the tape as flat to your body as possible	

## 6 Hip

Measurement name	Your measurement	Instructions	Photo
High Hip Circumference		Measure around your body across your hip bones and belly - usually about 3 inches down from your waist	
Low Hip Circumference		With legs together, measure around your body across the dots that you marked on your low hips, keeping the tape the same distance from the waist all the way around	

Waist to High Hip distance		Standing straight with legs together, measure along the side of your body, between your waist elastic and the tip of your hip bone	
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## 7 Legs

Measurement name	Your measurement	Instructions	Photo
Thigh Circumference		Measure around your upper thigh, at the widest part of your thigh	
Calf Circumference		Measure around the widest part of your calf	
Inseam		Measure along the inside of your leg, from your crotch to just below your ankle bone.	
Outseam		Measure along the outside of your leg, from your waist elastic to just below your ankle bone	