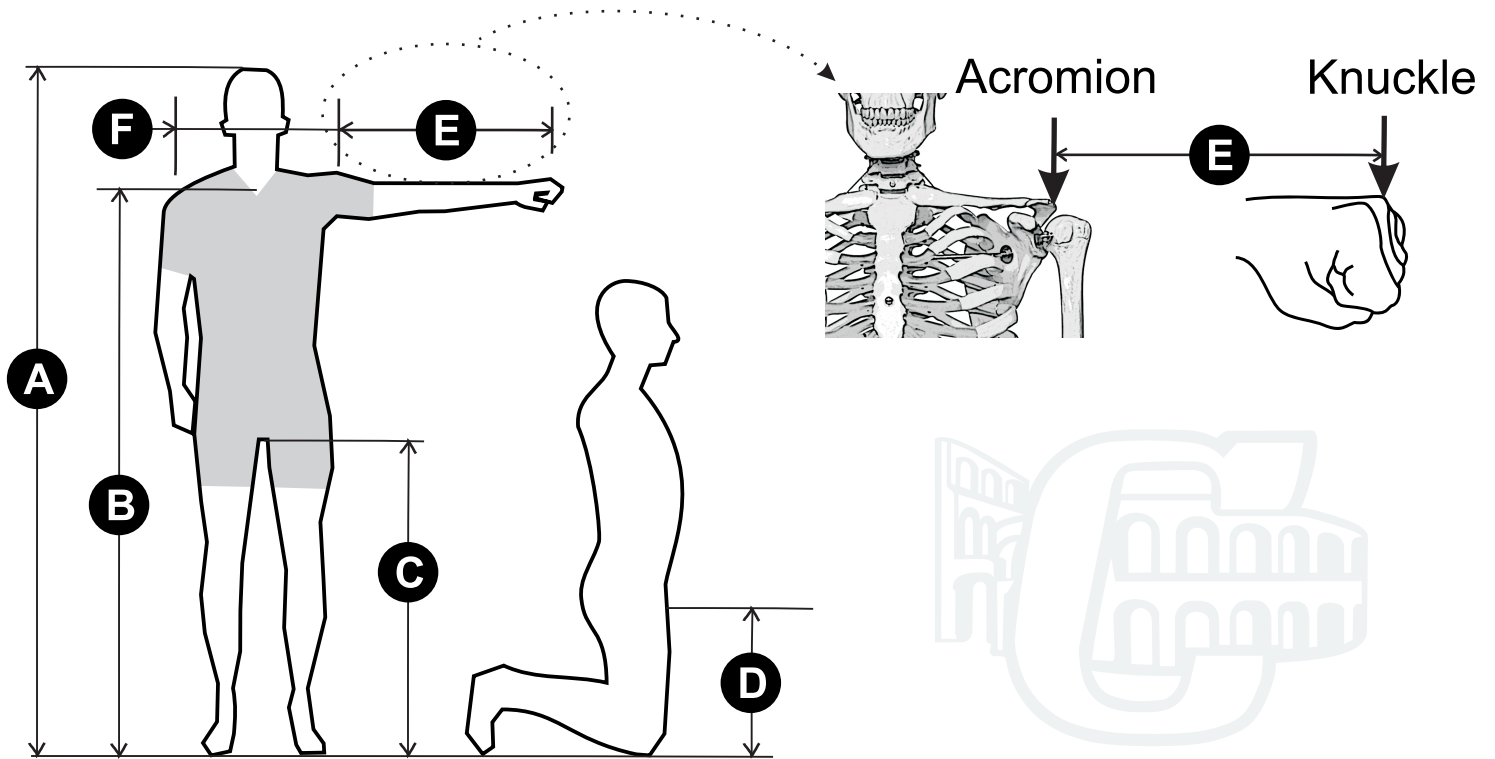


## BODY MEASUREMENTS

The measurements are very important consequently we recommend you to be very careful in taking the measures and, if possible, turn to experienced people. In any case it is advised to have someone else taking your measurements. Also check the results two or three times. Please use metric values (mm).



**A** Height: in stocking or bare feet, stand with heels and rump against the wall; feet should be around 18 cm apart.

**B** Total body length: assume the same stance used for Height; measure from the ground to the lowest point of your sternal notch.

**C** Inseam: remaining in the perfectly upright position, measure from the ground to the crotch pressing hard against the crotch like a saddle.

**D** Upper Leg: use the same method as measuring the Inseam, standing on your knees; make sure that your thigh is vertical while measuring.

**E** Arm: hold your arm outstretched to your side, horizontal to the ground and with clenched fist. Measure from the "Acromion" external side to Knuckle of the middle finger.

**F** Shoulder Width: Measure the distance between the two bones (Acromion) protruding from the top of the shoulders.

Shoes size (Euro size):

Weight (Kg.):

Notes (physical condition or other items of interest):