



WHAT SHOULD YOU KEEP IN MIND WHEN YOU MEASURE YOUR BODY?

1. Remember to measure yourself in thin underwear that adheres to your body.
2. Ask someone for help. Only this way you will know the correct measurements of your body.
3. All measurements should be made in a standing position.
4. It is important that you correctly locate your waist. To do this, take a string and tie it in the narrowest place in the abdominal area. The waist position will help you determine other relevant measurements from the list below.
5. Remember not to understate or overstate your measurements.

CIRCUMFERENCES:

- A - neck circumference (at the base);
- B - circumference above the bust;
- C - bust circumference (at its widest point);
- D - circumference under the bust (directly under the breasts - on the exhalation);
- E - waist circumference (at the narrowest point);
- F - high hips circumference (at a height of approx. 10cm below the waist);
- G - low hips circumference (at the widest point of the hips);
- H - thigh circumference (in its widest part, below the buttocks and groin);
- I - obwód łydki (w najszerszym miejscu, starając się nie napinać mięśni);
- J - ankle circumference (at the narrowest point);
- K - biceps circumference (at the widest point with a relaxed muscle);
- L - wrist circumference (in the narrowest place).

LENGTHS:

- M - length from the top of the shoulder to the top of the breast (nipple);
- N - length from the top of the shoulder, through the center of the breast to the waist;
- O - breast spacing (from nipple to nipple);
- P - length from the waist to the floor or the desired length of the product (measured from the side - through the hip);
- R - shoulder width (between the end of right and left arm);
- S - hand length (from shoulder to wrist) or desired sleeve length.