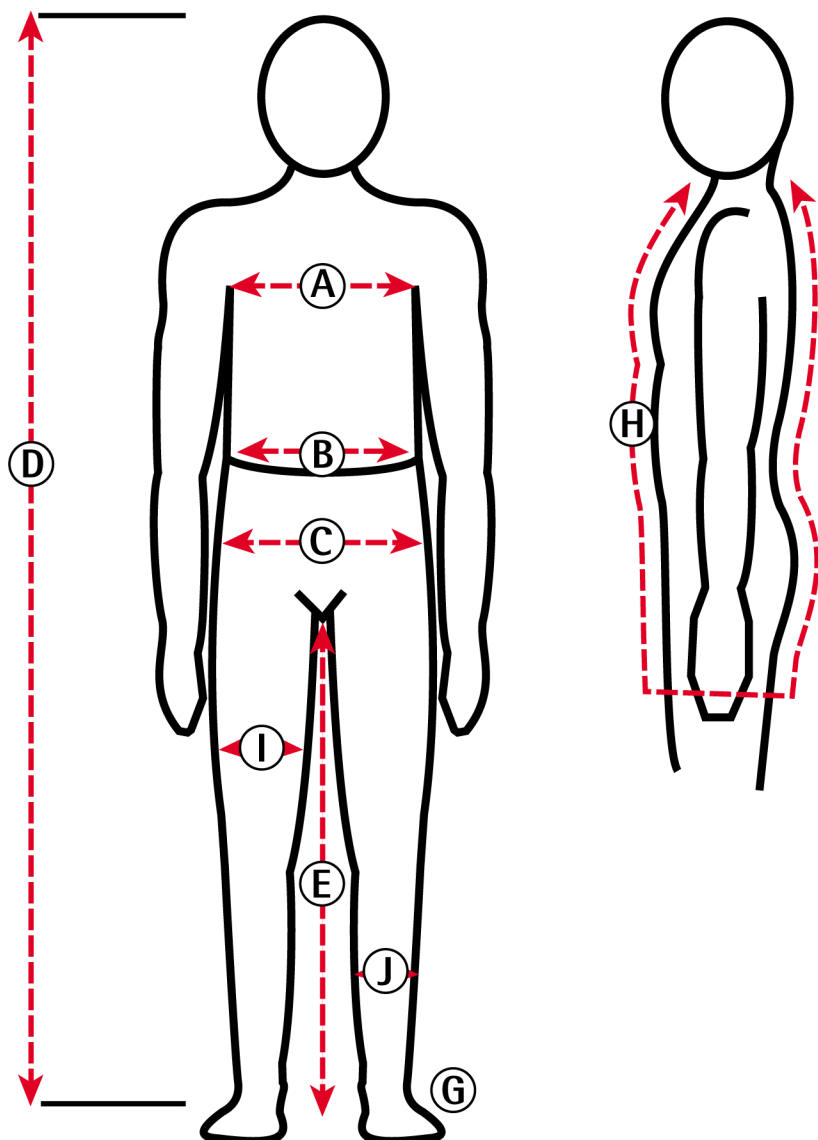


# Made-to-Measure (MTM) - Self Measurement Instructions

NAME: \_\_\_\_\_ ORDER #: \_\_\_\_\_



## A. CHEST:

The maximum horizontal girth measured over the shoulder blades; under the arm pits and over the chest with the subject standing upright.

## B. WAIST:

The girth of the natural waistline between the top of the hip bones and lower ribs measured with the subject breathing normally and standing upright with the abdomen relaxed.

## C. HIP:

The horizontal girth measured around the buttocks at the level of the maximum circumference.

## D. HEIGHT:

The vertical distance between the crown of the head and the soles of the feet measured without shoes. Feet need to be together.

## E. INSIDE LEG:

The distance between the crotch and the soles of the feet, measured in a straight line with the subject standing upright. **Ensure no footwear is worn and that the feet are slightly apart.**

## F. CUFF TO CUFF:

Measured with the arms outstretched, across the back, from the point of the wrist bone to point of the wrist bone.

## G. SHOE SIZE:

As normal shoe size

## H. THROUGH MEASURE (HOOP):

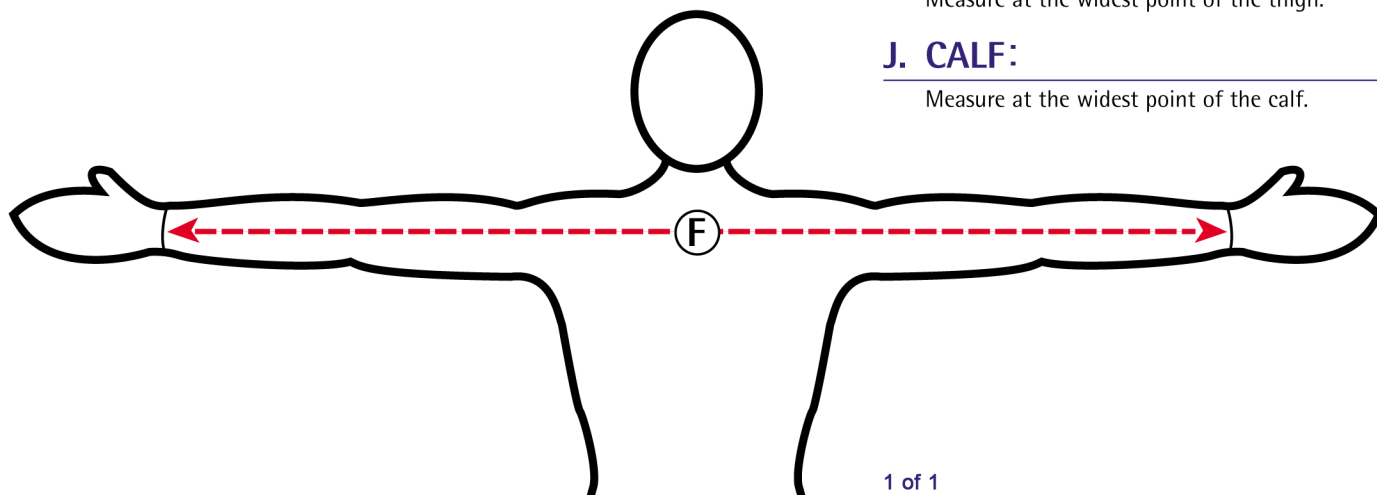
Taken from the 'Adams' apple, down the front of the body, tight under the crotch and up the neck to the nape of the back neck.

## I. THIGH:

Measure at the widest point of the thigh.

## J. CALF:

Measure at the widest point of the calf.



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Doc. TR210 issue 6 21/03/2003

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serious skin

**TYPHOON**