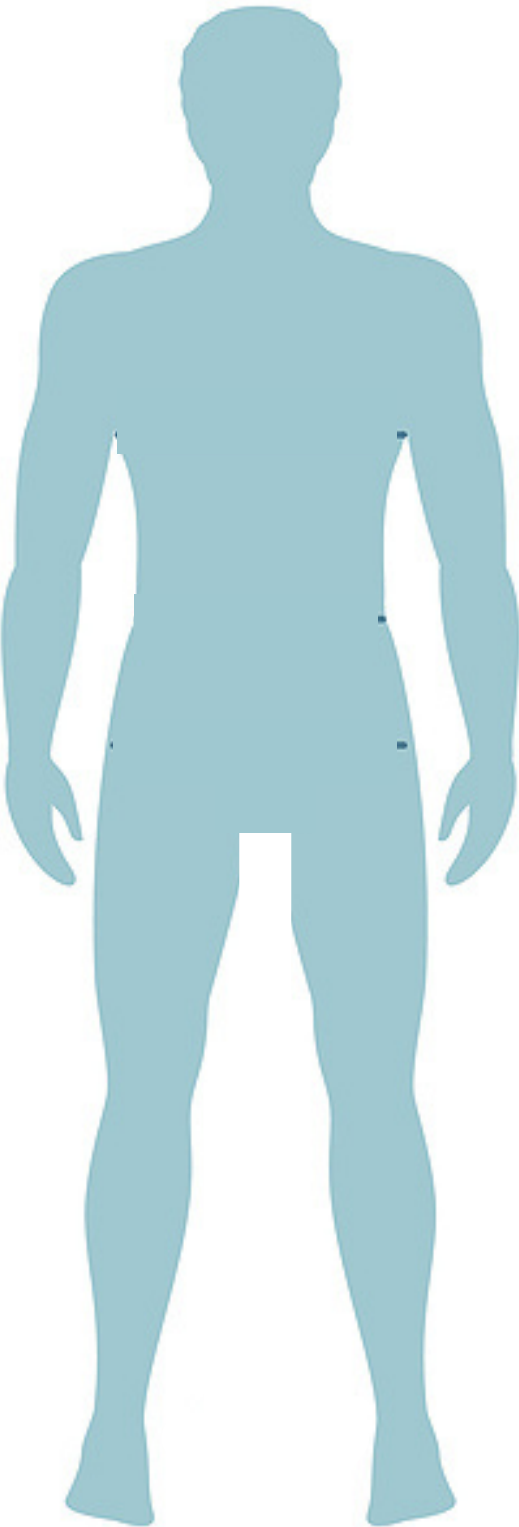
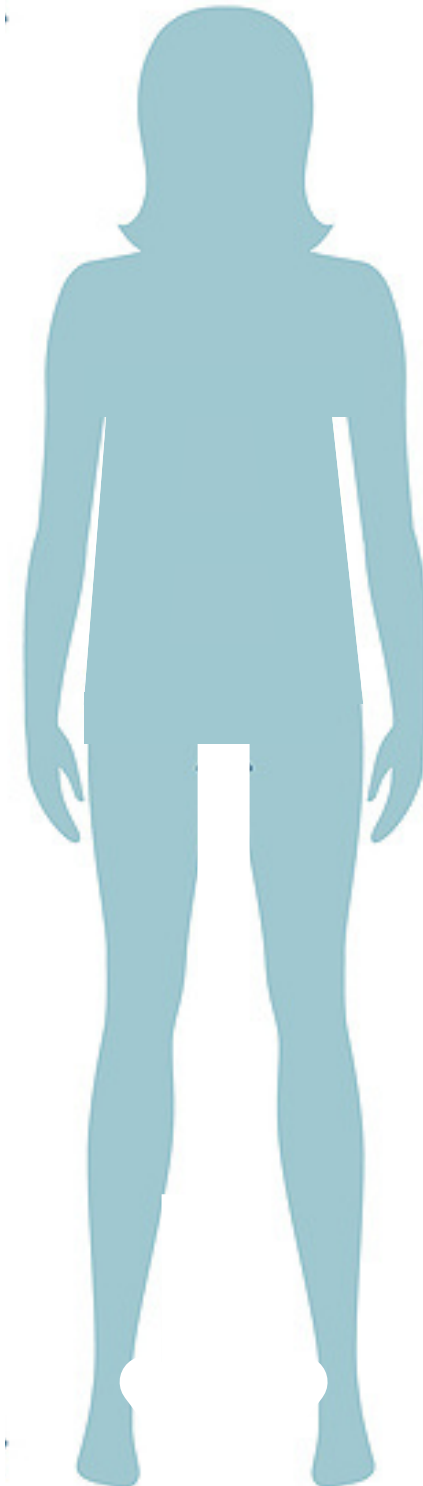


Date:



Left arm
Right arm
Upper chest
Mid chest
Below chest
Upper Abdomen
Belly Button
Lower Abdomen
Right thigh
Left thigh
Right calf
Left calf



You'll Need

A flexible Measuring Tape

A partner or mirror for accurate placement

Chest

lift arms up and out to side
place measuring tape
around...position back down
to side take measurement
at the crease

Repeat position tape at
nipple line

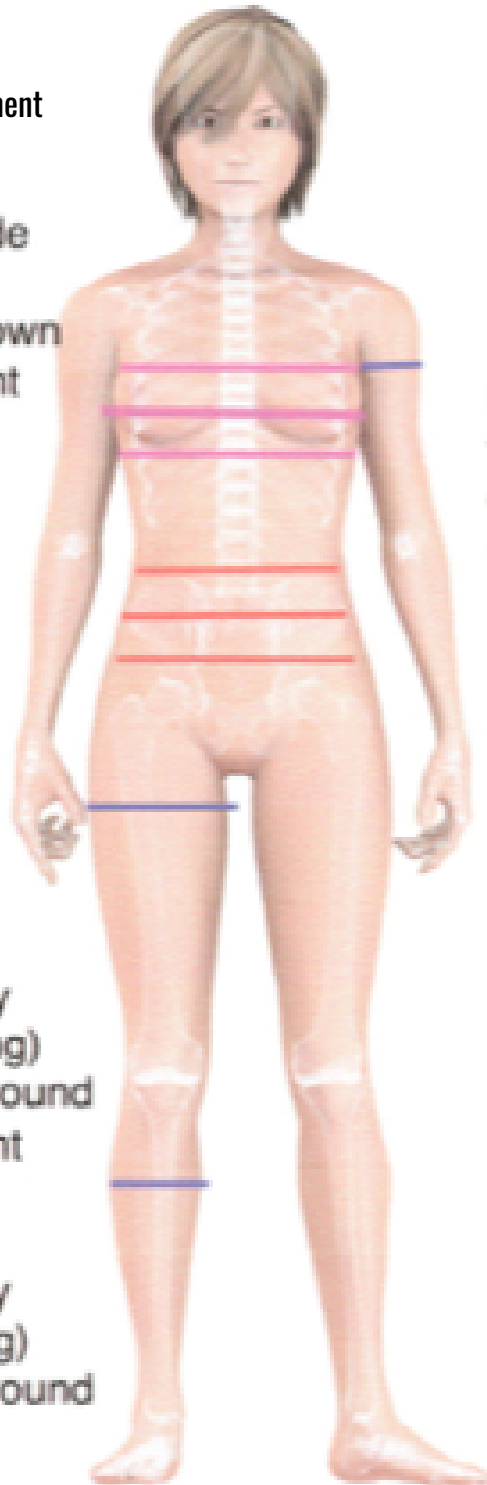
Repeat position below
breasts around rib cage

Thigh Right and Left

Stand with weight evenly
distributed (avoid leaning)
place measuring tape around
thigh...take measurement

Calf Right and Left

Stand with weight evenly
distributed (avoid leaning)
place measuring tape around
widest part of calf...take
measurement



Right and Left Arm

lift out to side place measuring
tape around...position back
down to side take
measurement at the crease
look fo

Abs

place measuring tape at belly
button, measure approx. 2
inches up take measurement
around at that level.

Repeat ... take measurement
at belly button

Repeat position tape 2 inches
below BB

Measurement guide