

# SIZZY

## Instructions for tape measuring

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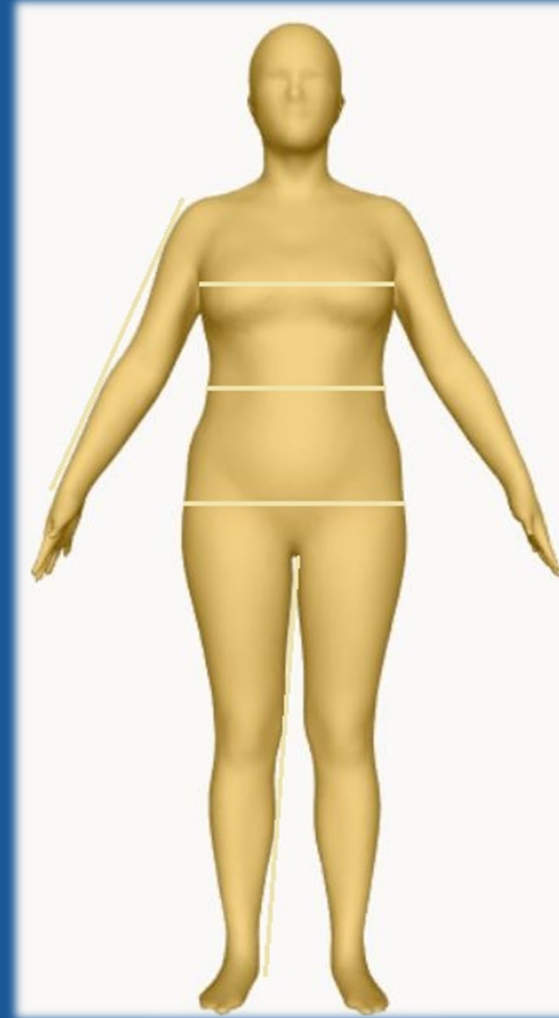
# Body Measuring

Measure your body on the left side.  
Measurements are tight so. no fingers between  
tape measure and body.

You may wear body tight clothing or underwear.

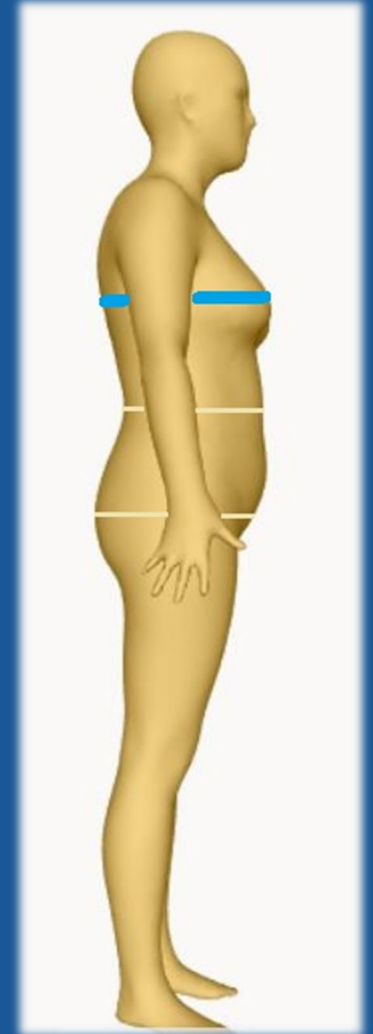
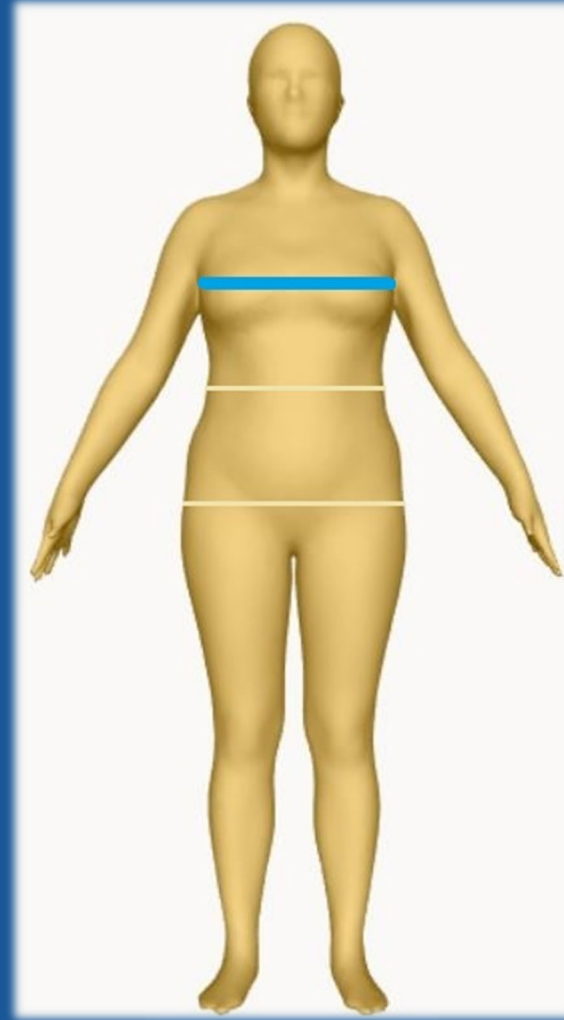
# What measurements are needed

1. Chest circumference
2. Waist circumference
3. Hip circumference
4. Arm length
5. Inside leg length
6. Shoulder width



# Chest circumference

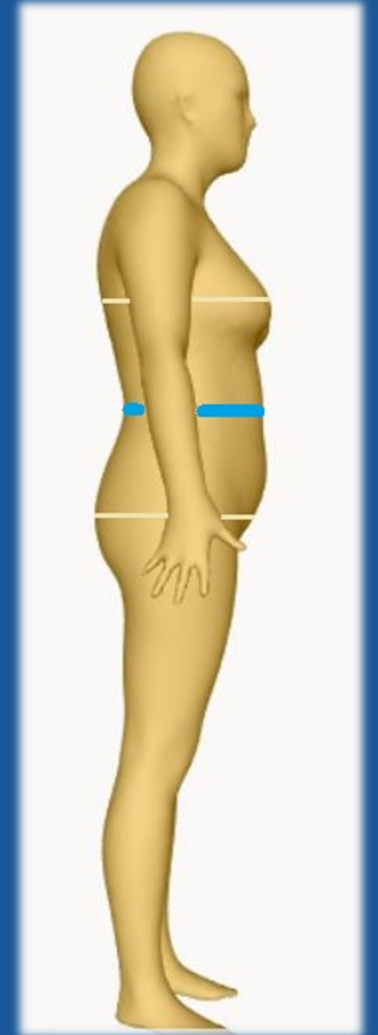
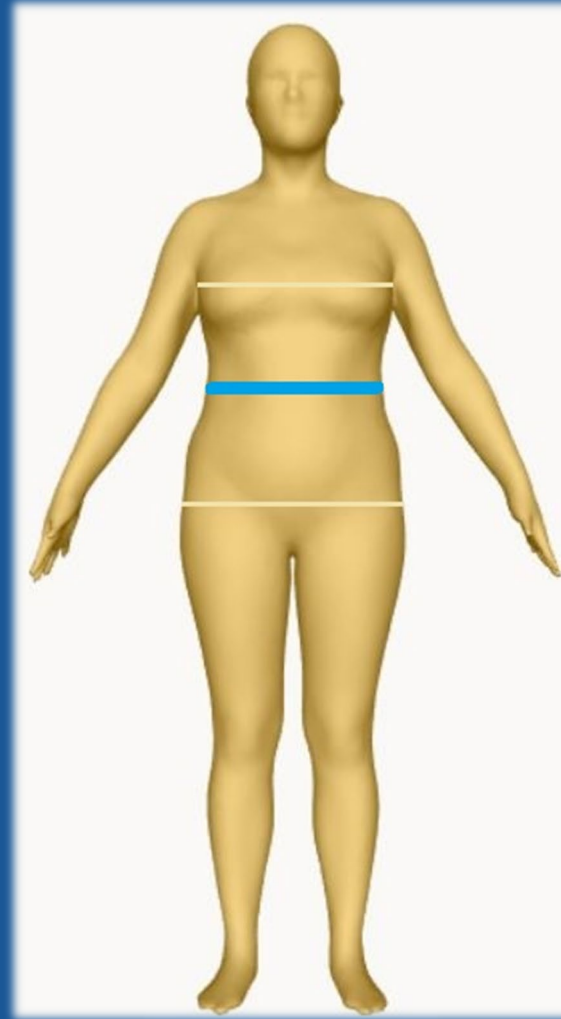
Chest circumference is measured horizontally on the highest point of breast line around the body.



# Waist circumference

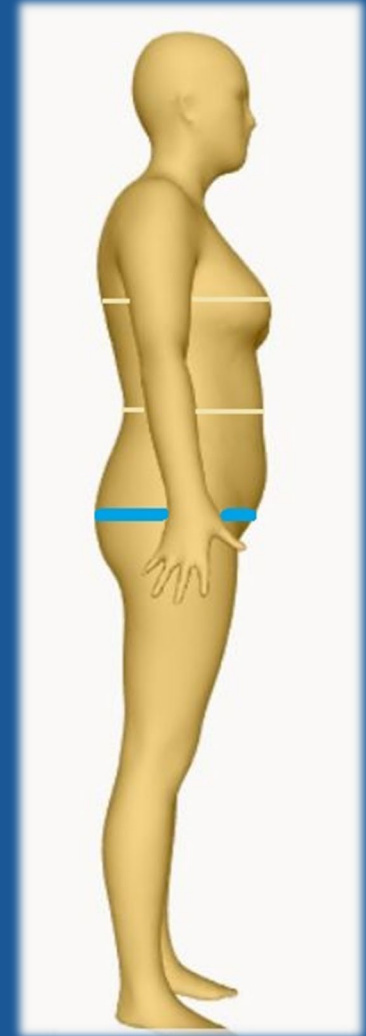
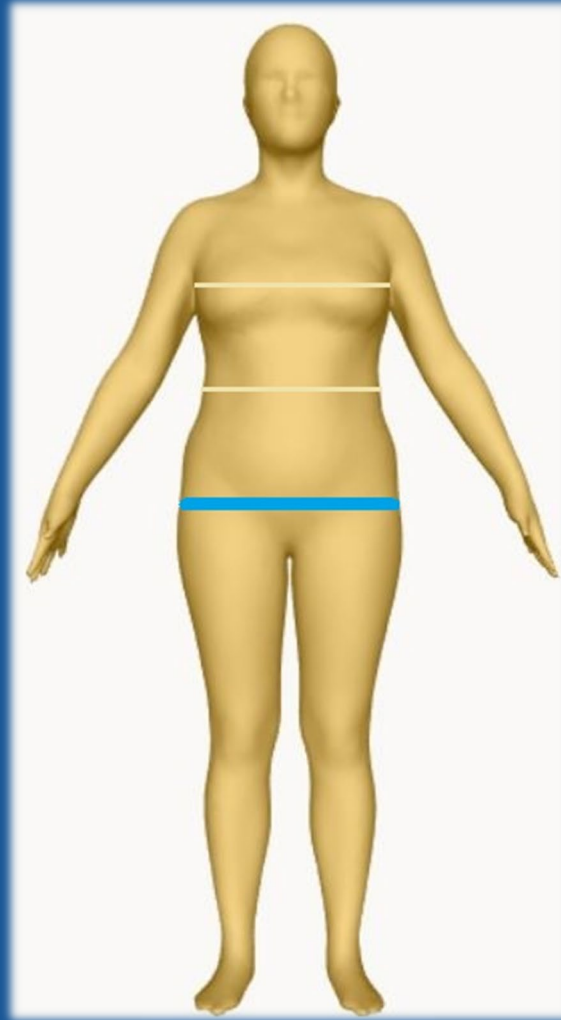
Waist circumference is measured on the narrowest part of your waist line around the body.

Big-bellied person is measured horizontally on the highest point of the waist line.



# Hip circumference

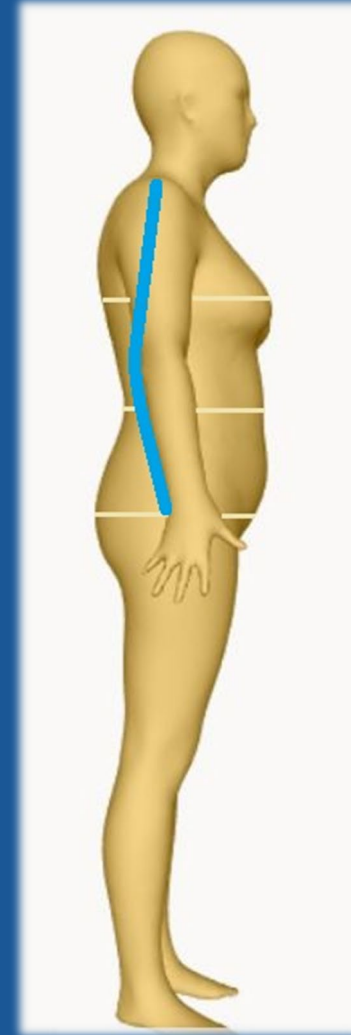
Hip circumference is measured horizontally around the body on the highest point of the buttock.



# Arm length

Arm length measured from the shoulder edge to the wrist through the elbow tip.

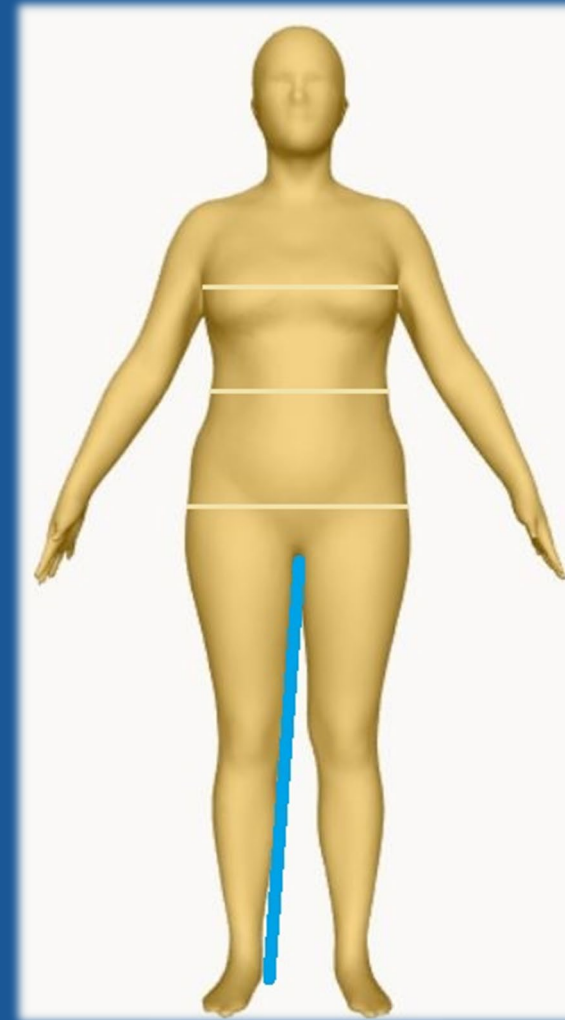
Keep the arm straight when measuring.



# Inside leg length

Inside leg length is measured from the crotch point to the floor.

Stand straight your legs shoulder width apart.





# Shoulder width

Shoulder width is measured edge to edge behind the neck conforming the body surface.

