

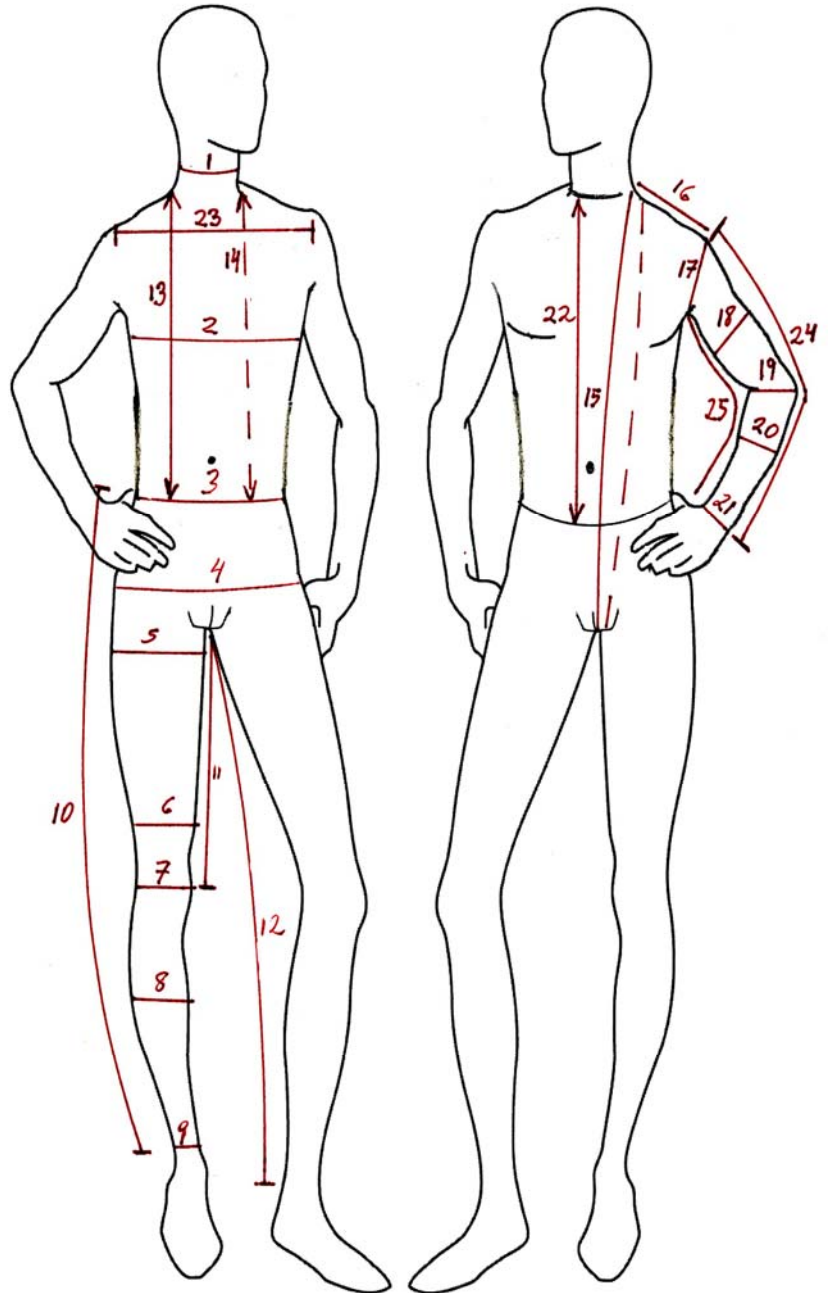


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Name: \_\_\_\_\_

Height: \_\_\_\_\_

1	Neck	
2	Chest	
3	Waist	
4	Hips	
5	Thigh	
6	Above the knee	
7	Knee	
8	Calf	
9	Ankle	
10	Waist to ankle	
11	Crotch to knee	
12	Crotch to ankle	
13	Shoulder to waist	
14	Top of the shoulder to the back of the waist	
15	Top of the shoulder, under the crotch, up the back to the top of the shoulder	
16	Neck to shoulder	
17	Around the armpit	
18	Around the bicep	
19	Around the elbow	
20	Around the forearm	
21	Around the wrist	
22	Bottom of the neck to waist	
23	Shoulder to shoulder	
24	Shoulder to wrist	
25	Armpit to wrist	



- Measurements must be taken without any clothes on.
- For measurement #3, the waist is 3 to 4 inches below the belly button. Usually where you wear your pants.
- For measurements #13 & 14, put a belt around your waist. Then measure from the highest point of the shoulder (close to the neck) down to the tip of the belt.
- For measurement #22, start at the bottom of the neck to the tip of the belt.
- For measurement #10, start at the tip of the belt down to the ankle (we recommend above the ankle bone).
- For measurement #15, start measuring from the highest point of the shoulder (close to the neck) down to the front of the torso, under the crotch (keep your testicles aside) up the back until you meet the starting point keeping the measuring tape tight.
- For measurement #17, keep your arm down and start measuring at the tip of the shoulder, under the arm, up the back of the arm until you meet the starting point.