## How to take your measurements

Your name:

Your height: Date: Please fill your measures in the cells (in cm) Bust measurement: Passing through the tip of the breasts, Arm while remaining parallel to the ground. circumference **Bust** Waist measurement: At the navel. Arm length Waist Wide hip measurement: At the widest part of the hips. Wide hip About 20 cm below the waist. Thigh Thigh circumference: At the widest part of the thigh. Arm circumference: Inseam At the widest part of the arm. Arm length: From the shoulder joint to the wrist. **Inseam measurement:** From the crotch to the ground.

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