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CUSTOM MEASUREMENT SHEET

1	**Wrist Circumference**: Measure at widest point around wrist	
2	**Elbow Circumference:** Measure around arm at elbow (Arms must be bent as in photo)	
3	**Biceps Circumference**: Measure at widest point around biceps (Arms must be in bending position	
4	**Neck Circumference:** Measure Neck circumference at collar below Adam's Apple	
5	**Chest Circumference:** Circumference around the fullest part, under arm pits	
6	**Waist Circumference:** Measure around the natural waist line, in line with naval	
7	**Hip Circumference:** Measure at widest part around hips	
8	**Thigh Circumference:** Measure at widest point around thigh	
9	**Knee Circumference:** Measure around center of knee	
10	**Calf Circumference:** Measure around calf at widest point	
11	**Ankle Circumference:** Measure at widest point around calf	
12	**Shoulder to Shoulder:** Measure from top of shoulders across back from sleeve joint to sleeve joint	
13	**Neck to Waist (Front):** Measure length from neck to waistline	
14	**Forearms:** Measure Length from cuff to Elbow of your forearms	
15	**Sleeves:** Measure from sleeve joint to cuff point (Arms must be bent as in photo)	
16	**Knee to Ankle:** Measure length from Knee to Ankle	
17	**Waist to Knee:** Measure length from waistline to center of knee	
18	**Waist to Ankle:** Measure length from waistline to calf	
19	**Inseam:** Measure length from highest point in crotch to the ankle on inside legs	
20	**Neck to Ankle:** Measure length from neck base to ankle	
21	**Neck to Waist (Back)** Measure length from neck to waistline	
22	**Shoulder to Elbow:** Measure length from Shoulder to Elbow	
23	**Crotch:** Measure from front neck to back neck passing between crotches	



