

## CORRECT MEASURING

1. Head circumference take in the middle of the forehead.
- 2.IMPORTANT:** This measure is taken from the middle of the forehead, to the third cervical vertebra, or bottom of the neck.
3. Neck measures must be taken exactly, without adding extra inches.
- 4.5.6.7.** Measures of arm should be taken with a relaxed body and arm, biceps across the widest part of it, elbow over the bone, forearm at the widest part, ankle at the narrowest point (where you put the watch).
- 8.9.10. IMPORTANT:** Measure of chest, waist and hips must also be taken at relaxed body, with hands down. Breast across the chest, waist over the abdomen, hips at the widest part of the hip bone.
- 11. 12. 13. 14.** Same as hand, Measures of leg should be taken with a relaxed body, thigh across the widest part of it, knee over the bone, calf at the widest part, ankle at the narrowest point.
15. Back should be measured from end to end of the shoulder.
16. Arm length should be measured from the shoulder to the wrist, so that the meter goes by hand.
17. Distance from the elbow to the wrist should be measured from elbow bone to the same place arm length was measured.
18. Distance from the collarbone to the groin, should be measured up to the highest part of collar bone.
19. Distance from groin to ankle leg should be measured from the same spot in the groin to the ankle, so that meter goes by leg.
20. Distance from the knee to the ankle is taken from the outer knee bone to the leg ankle.
21. Distance from waist to ankle is taken from leg ankle to the point where you want to end up pants.
- 22.23.** Height and weight should be entered correctly