6KRHV

FP

(85	)RRW OHQJKW

,QWHUQDWLRQDO VL]H HTXLYDOHQWV

	(85	*%	0(;	,7	86	$/	)5

%HOWV

FP

(85	,QIR	:DLVW	+LS
6	FP		
0	FP		
/	FP		
;/	FP		

,QWHUQDWLRQDO VL]H HTXLYDOHQWV

	(85	*%	0(;	,7	86	$/	&1		&5	)5
6	6	&+	6	6	6			6	6	
0	0	0	0	0	0			0	0	
/	/	*	/	/	/			/	/	
;/	;/	(*	;/	;/	;/			;/	;/	

-HZHOOHU\

FP

(85	,QIRQJHU &RG
0	
/	

,QWHUQDWLRQDO VL]H HTXLYDOHQWV

(85	*%	0(;	,7	86	$/	&1		&5	)5
6	6	&+	6	6	6		6	6	
0	0	0	0	0	0		0	0	
/	/	*	/	/	/		/	/	
;/	;/	(*	;/	;/	;/		;/	;/	

+DWV

FP

(85	+HDG &RQWRXU
6	
0	

,QWHUQDWLRQDO VL]H HTXLYDOHQWV

	(85	*%	0(;	,7	86	$/	&1	&5	)5
6									
0									
/									
;/									

*ORYHV

FP

(85	+DQG /HQJWK	+DQG :LGWK
6		
0		

,QWHUQDWLRQDO VL]H HTXLYDOHQWV

	(85	*%	0(;	,7	86	$/	&1	
6								
0								
/								
;/								

How to measure

Hand length

Measure from where the palm meets the wrist to the tip of your middle finger.

Hand width

Measure the width of the hand at the knuckles.

3\MDPDV

FP

(85	%XVW	:DLVW	+LSV
;;6			
;6			
6			
0			
/			
;/			
;;/			
;/			
;/			
;/			
;/			

,QWHUQDWLRQDO VL]H HTXLYDOHQWV

	(85	*%	0(;	,7	86	$/	&1		&5	)5
;;6		((&+	;;6		;;6	;6	$		;;6	
;6		(&+	;6		;6	6	$		;6	
6		&+	6		6	0	$		6	
0		0	0		0	/	$		0	
/		*	/		/	;/	$		/	
;/		(*	;/		;/	;;/	$		;/	
;;/		((*	;;/		;;/	;/	$		;;/	
;/		(*	;/		;/				;/	
;/		(*	;/		;/				;/	
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;/		(*	;/		;/				;/	

%LNLQLV DQG 6ZLPVXLWV

FP

(85	%XVW	:DLVW	+LSV
;;6			
;6			
6			
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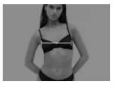
,QWHUQDWLRQDO VL]H HTXLYDOHQWV

	(85	*%	0(;	,7	86	$/	&1		&5
;;6	;;6	((&+	;;6	;;6	;;6				;;6
;6	;6	(&+	;6	;6	;6				;6
6	6	&+	6	6	6				6
0	0	0	0	0	0				0
/	/	*	/	/	/				/
;/	;/	(*	;/	;/	;/				;/
;;/	;;/	((*	;;/	;;/	;;/				;;/
;/	;/	(*	;/	;/	;/				;/
;/	;/	(*	;/	;/	;/				;/
;/	;/	(*	;/	;/	;/				;/
;/	;/	(*	;/	;/	;/				;/

How to measure yourself



Bust

Measure around the bust at the most protruding point.

Under the bust

Measure your contour just below the bust.

Waist

Measure round the narrowest part of the abdomen.

Hip

Measure around your hips at the widest point.

8QGHUZHDU DQG OLQJHULH

FP

(85	%XVW	:DLVW	+LSV
;;6			
;6			
6			
0			
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,QWHUQDWLRQDO VL]H HTXLYDOHQWV

	(85	*%	0(;	,7	86	$/	&1		&5
;;6	;;6	((&+	;;6	;;6	;;6				;;6
;6	;6	(&+	;6	;6	;6				;6
6	6	&+	6	6	6				6
0	0	0	0	0	0				0
/	/	*	/	/	/				/
;/	;/	(*	;/	;/	;/				;/
;;/	;;/	((*	;;/	;;/	;;/				;;/
;/	;/	(*	;/	;/	;/				;/
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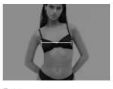
;/	;/	(*	;/	;/	;/				;/
;/	;/	(*	;/	;/	;/				;/

How to measure yourself



Bust

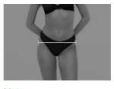
Measure around the bust at the most protruding point.

Under the bust

Measure your contour just below the bust.

Waist

Measure round the narrowest part of the abdomen.



Hip

Measure around your hips at the widest point.