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Rider	Name	Order #		Email	
1	Wrist Circumference: Measure at widest point around wrist				
2	Elbow Circumference: Measure around arm at elbow (Arms must be	e bent as in photo)	•	4	<u>6</u> m
3	Biceps Circumference: Measure at widest point around biceps (Arms	s must be in bending position		20	14
4	Neck Circumference: Measure Neck circumference at collar below	Adam's Apple		3 13	
5	Chest Circumference: Circumference around the fullest part, under	arm pits		2	·
6	Waist Circumference: Measure around the natural waist line, in lin	e with naval		7	
7	Hip Circumference: Measure at widest part around hips			8	18
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			16	
11	Ankle Circumference: Measure at widest point around calf		•		\
12	Shoulder to Shoulder: Measure from top of shoulders across back fr	rom 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 fo	prearms			
15	Sleeves: Measure from sleeve joint to cuff point (Arms	s must be bent as in photo)			^
16	Knee to Ankle: Measure length from Knee to Ankle				20
17	Waist to Knee: Measure length from waistline to center of kn	nee			
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		22	
20	Neck to Ankle: Measure length from neck base to ankle				
21	Neck to Waist (Back) Measure length from neck to waistline				7
22	Crotch: Measure from front neck to back neck passin	g between crotches		•	Y
■ Never attempt measuring yourself				16	
■ Always have another person take measurments				T	
■ 5cm below the naval is the point to be used for All waistline related measurements				•	Ψ.