

LIZZARD

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NOTE: DO NOT MEASURE YOURSELF!

• Use flexible Cloth measuring taps • Your wetsuit will only fit you as well as the measurements you supply us with • **DO NOT** measure over clothing • Measure firm to skin.

• **CHEST MEASUREMENT** - Measure as high up as possible. Place taps around largust portion. Check that tape has not pulled too llight. Do this measurement more than orce to check accuracy.

KEY:

- ☐ Circumference
- ☐ Point to paint

NAME: _____

HEIGHT

WEIGHT

Measure as high as possible arm relaxed at side

BICEP 1

Measure fullest part - relaxed

BICEP 2

Measure narrowest part

ELBOW

Measure fullest part of muscle

FOREARM

Measure immediately above vewt knuckle at narrowest part

WHIST

Measure haffway from crotch to kneecap

WID THIGH

KNEE CAP

Measure narrowest part below knee

BELOW KNEE

Measure fullest part of calf muscle

CALF

CHEST
seenote

ARM LENGTH

TOP OF
BREASTRONE
TO HORIZONTAL
LEVEL OF CROTCH

Measure from wrist joint to deepest point of armpit

Measure narrowest part of waist

Measure widest part of buttocks

Measure at highest point of thigh adjoining crotch (ttmt, use a mier between legs horizontally to determine crotch height)

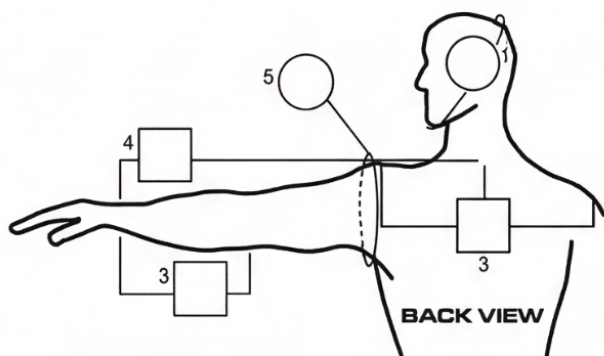
THIGH AT
CROTCH

CROTCH TO
KNEE CAP

KNEE CAP
TO ANKLE

CROTCH TO
ANKLE

Measure leg length from highest point of crotch to 2cm above anide knuckle

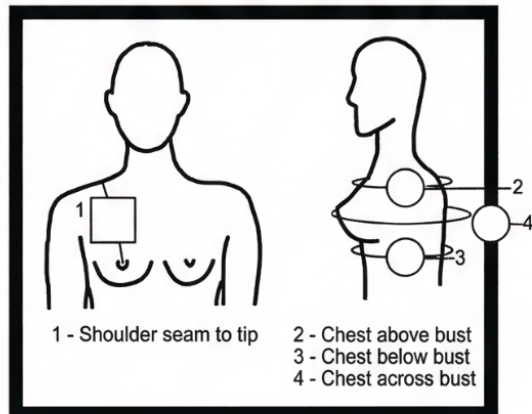


BACK VIEW

1 - Centre of chin, around back of head to centre of chin
2 - Shoulder to shoulder

3 - Bibow to wristbone
4 - Centre of back to wrist
5 - Armalt around shoulder - vertical measurement with arm held out

ADDITIONAL MEASUREMENTS FOR WOMEN



1 - Shoulder seam to tip

2 - Chest above bust
3 - Chest below bust
4 - Chest across bust