

**BLACKSTYLE** Measurement form

**Latex Berlin Handelsgesellschaft mbH**

Seelower Strasse 5 · 10439 Berlin · GERMANY  
Tel.: +49 (0)30 44688595 Fax: +49 (0)30 44688594  
[info@blackstyle.de](mailto:info@blackstyle.de) **[www.blackstyle.de](http://www.blackstyle.de)**

## Customer

First Name: .....

Name: .....

No./ Street: .....

Post Code: . . . . .

City: \_\_\_\_\_

Country:

Phone:

Email:

## Notes

This diagram illustrates a human figure with numbered points and shaded regions. The points are numbered 1 through 39, with 38 located at the top right and 39 at the top left. Shaded regions are present in the head, neck, upper back, lower back, and both legs. Arrows indicate movement or flow paths from point 1 down the neck, across the chest, and down the legs. Point 2 is at the base of the neck, point 3 is on the upper chest, point 4 is on the abdomen, point 5 is on the lower abdomen, point 6 is on the upper thigh, point 7 is on the lower thigh, point 8 is on the upper leg, point 9 is on the knee, point 10 is on the lower leg, point 11 is on the ankle, point 12 is on the heel, point 13 is on the outer side of the foot, point 14 is on the inner side of the foot, point 15 is on the lower back, point 16 is on the middle back, point 17 is on the upper back, point 18 is on the shoulder, point 19 is on the elbow, point 20 is on the wrist, point 21 is on the upper back, point 22 is on the neck, point 23 is on the shoulder, point 24 is on the elbow, point 25 is on the upper back, point 26 is on the middle back, point 27 is on the lower back, point 28 is on the upper back, point 29 is on the middle back, point 30 is on the lower back, point 31 is on the neck, point 32 is on the abdomen, point 33 is on the upper back, point 34 is on the middle back, point 35 is on the neck, point 36 is on the abdomen, and point 37 is on the upper back.

**Your Measurements** (in cm) – Take measurements directly on the body. It is best to let another person else take the measurements.

- |                                             |                                                                   |                                                                                                |
|---------------------------------------------|-------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| 1 neck circumference .....                  | 16 inseam – crotch to knee .....                                  | 31 body circum. – shoulder to shoulder .....                                                   |
| at narrowest point of the neck              | from crotch to measurement #10 level                              | mid shoulder down the body through crotch up to starting point (men: beside the private parts) |
| 2 lower neck circumference .....            | 17 inseam – crotch to below the knee .....                        | 32 body circum. – front to back of neck .....                                                  |
| at base of the neck                         | from crotch to measurement #11 level                              | from neck pit down the body through crotch up to cervical (men: beside the private parts)      |
| 3 chest/bust circumference .....            | 18 inseam – crotch to calf .....                                  | 33 upper back height .....                                                                     |
| at level of the nipples                     | from crotch to measurement #12 level                              | from cervical to armpit level                                                                  |
| 4 under bust circumference .....            | 19 inseam – crotch to above the ankle .....                       | 34 lower back height .....                                                                     |
| at bust fold level (women only)             | from crotch to measurement #13 level                              | from cervical to waist level                                                                   |
| 5 waist circumference .....                 | 20 inseam – crotch to floor .....                                 | 35 over shoulder arc .....                                                                     |
| at narrowest point of the body              | from crotch to the ground                                         | from armpit level at the front to armpit level at the back                                     |
| 6 lower waist .....                         | 21 armpit to armpit .....                                         | 36 bust depth .....                                                                            |
| about 8 – 10 cm below waist                 | horizont. from armpit crease to armpit crease                     | from pit of the throat to between the nipples                                                  |
| 7 seat/hip circumference .....              | 22 shoulder length .....                                          | 37 distance between nipples .....                                                              |
| at widest point                             | from tip of the shoulder to measurement #2<br>on side of the neck | measure horizontally from nipple to nipple                                                     |
| 8 thigh circumference .....                 | 23 upper arm length .....                                         | 38 height .....                                                                                |
| at widest point about 3 cm                  | from the tip of the shoulder to the elbow                         | full height from the top of the head to the floor                                              |
| below the crotch                            | 24 outside arm length .....                                       | 39 forehead circumference .....                                                                |
| 9 above the knee circumference .....        | from the tip of the shoulder to the wrist                         | around the forehead just above the eyebrows                                                    |
| 5 – 7 cm above the kneecap                  | 25 upper arm circumference .....                                  | 40 palm circumference .....                                                                    |
| 10 knee circumference .....                 | at arm pit level                                                  | widest part of palm excluding the thumb                                                        |
| at level of the kneecap                     | 26 biceps circumference .....                                     | bra size .....                                                                                 |
| 11 below the knee circumference .....       | around the biceps at the widest point                             |                                                                                                |
| 5 – 7 cm below the kneecap                  | 27 above the elbow circumference .....                            | shoe size (European/UK/US scale?) .....                                                        |
| 12 calf circumference .....                 | just above the elbow                                              |                                                                                                |
| at widest point                             | 28 upper forearm circumference .....                              | jeans size (waist/inseam) .....                                                                |
| 13 ankle circumference .....                | at widest part of the upper arm below the elbow                   |                                                                                                |
| above the ankle bone at the narrowest point | 29 mid forearm circumference .....                                | clothing size (XS – XXL) .....                                                                 |
| 14 ankle bone circumference .....           | at midway point between #28 and the wrist                         |                                                                                                |
| at level of the ankle bone                  | 30 wrist circumference .....                                      |                                                                                                |
| 15 inseam – crotch to above the knee        | at the narrowest part of the wrist                                |                                                                                                |
| from crotch to measurement #9 level         |                                                                   |                                                                                                |