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# Measurement Instructions

## Note:

You are welcome to use your preferred unit of measurement. However, please ensure to clearly indicate the unit associated with the measurement data you provide.

<b>Height</b>	
<b>Weight</b>	

## Note:

- To measure your body accurately, please use a tape measure.
- Always ensure the tape measure is snug but not too tight against your skin.

### Neck Circumference

Measure around the lower part of the neck.

### Chest Circumference

Place the tape measure under your armpits and measure around the fullest part of your chest.

### Waist Circumference

Measure around your belly button. Keep your stomach relaxed, don't suck it in.

### Hip Circumference

Wrap the tape measure around the widest part of your hips.

### Thigh Circumference

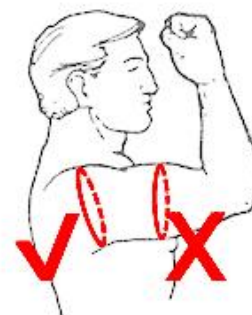
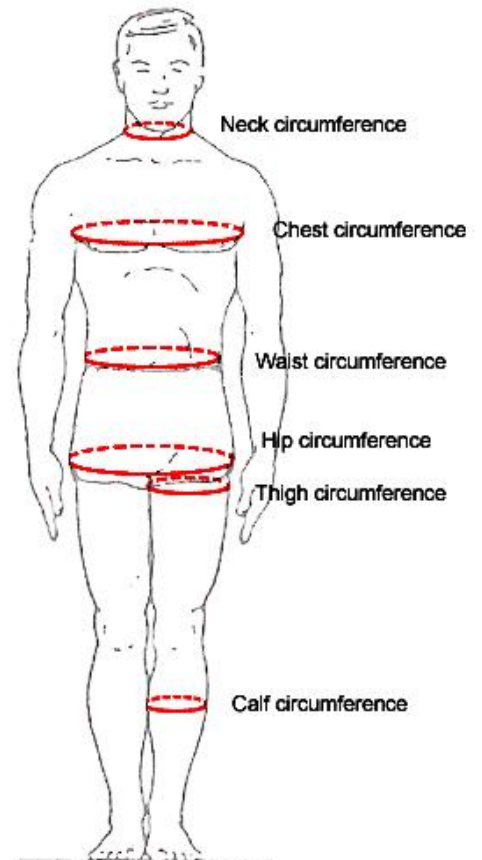
Position the tape measure as high as comfortable on your thigh. Wrap it around a single thigh.

### Calf Circumference

Wrap the tape measure around the widest part of your calf.

### Arm Circumference

Wrap the tape measure around your upper arm, above the bicep and below the armpit.



**Note:**

- To accurately measure your hand and fingers, please use a sturdy ruler.

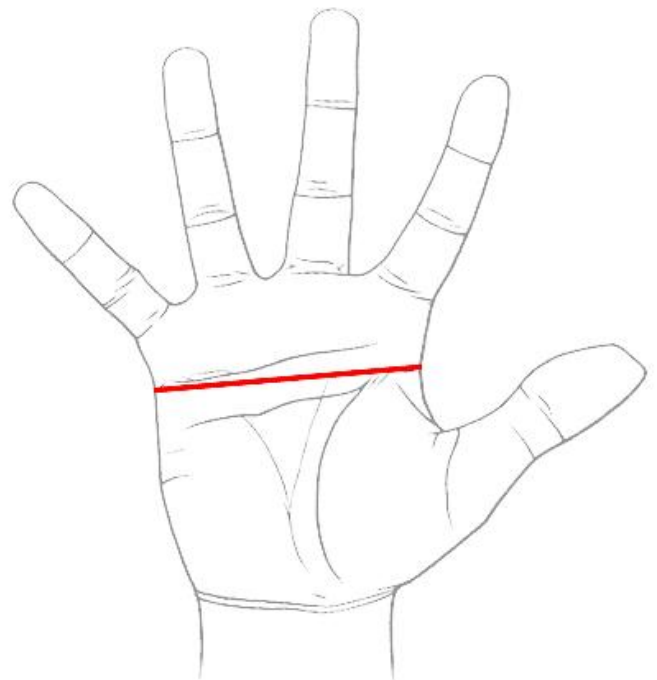
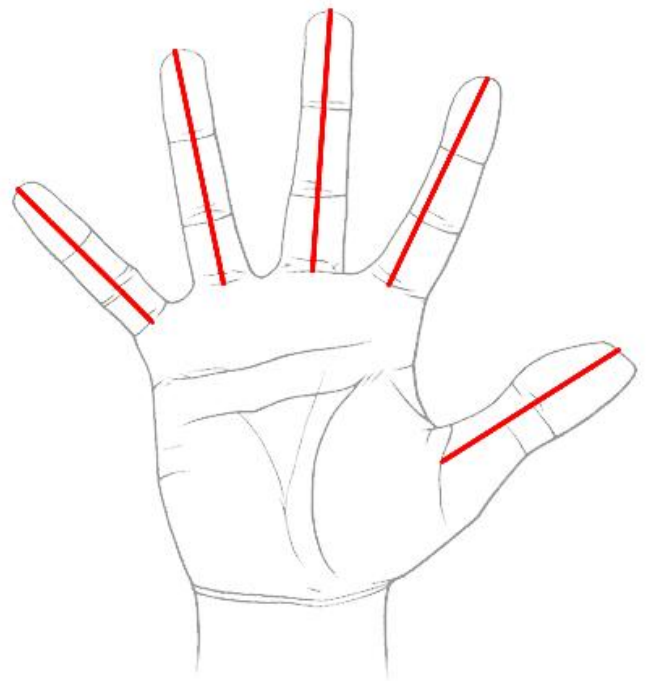
**Finger Length**

Measure from the fingertip to the base of each finger where it meets the palm.

**Palm Width**

Measure across the widest part of your palm.

*Please kindly provide photos demonstrating how you measure your fingers and palm, if possible.*



## Shoe Size

Use the shoe size you typically wear.

EU	US	CA	UK	AU	MX	JP	Foot Length		Foot Girth	
							inch	cm	inch	cm
<=37										
37	5.5	5.5	5		-	23.5	9.06	23	8.66	22
38	6	6	5.5		25	24	9.25	23.5	8.86	22.5
39	6.5 - 7.0	6.5 - 7.0	6 - 6.5		-	24.5	9.45-9.65	24 - 24.5	9.06	23
40	7.5	7.5	7		26	25-25.5	9.84	25	9.25	23.5
41	8	8	7.5		27	26	10.04	25.5	9.45	24
42	8.5	8.5	8	8.5	28	26.5-27	10.24	26	9.65	24.5
43	9 - 9.5	9 - 9.5	8.5 - 9	9	29	27.5-28	10.43-10.63	26.5 - 27	9.84	25
44	10	10	9.5	10.5	30	28.5	10.63	27	10.04	25.5
45	10.5 - 11	10.5 - 11	10 - 10.5	11.5	-	29	10.83	27.5	10.24	26
46	11.5	11.5	11.5	12	31	30	11.25	28.6	10.64	27.5
47	12.5	12.5	12.5	12.5 - 13	32	31	11.5	29.2	11	27.9
>=47										

## Head Breadth

Please watch the instructional video for measuring head breadth.

[www.vimeo.com/buyfullbodyarmors/head-breadth](http://www.vimeo.com/buyfullbodyarmors/head-breadth)