



# How to Measure

Measurements required	Unit	Appendix
Bare Foot Stand Height	inch	
Body Height	Inch	I
Leg Height	Inch	I
Head Breadth	Inch	II
Middle Finger Height	Inch	III
Shoes Size	Note which size system you use	IV
Axillary arm circumference	Inch	V
Chest circumference	Inch	V
Waist circumference (omphalion)	Inch	V
Buttock circumference	Inch	V
Thigh circumference	inch	V
Weight	lbs	

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# Appendix I

## How to measure your Body Height & Leg Height

The Key to measure your body height and leg height is to find right 3 important positions.

The first position is your clavicle bone (collar-bone). This bone is almost parallel to the ground.

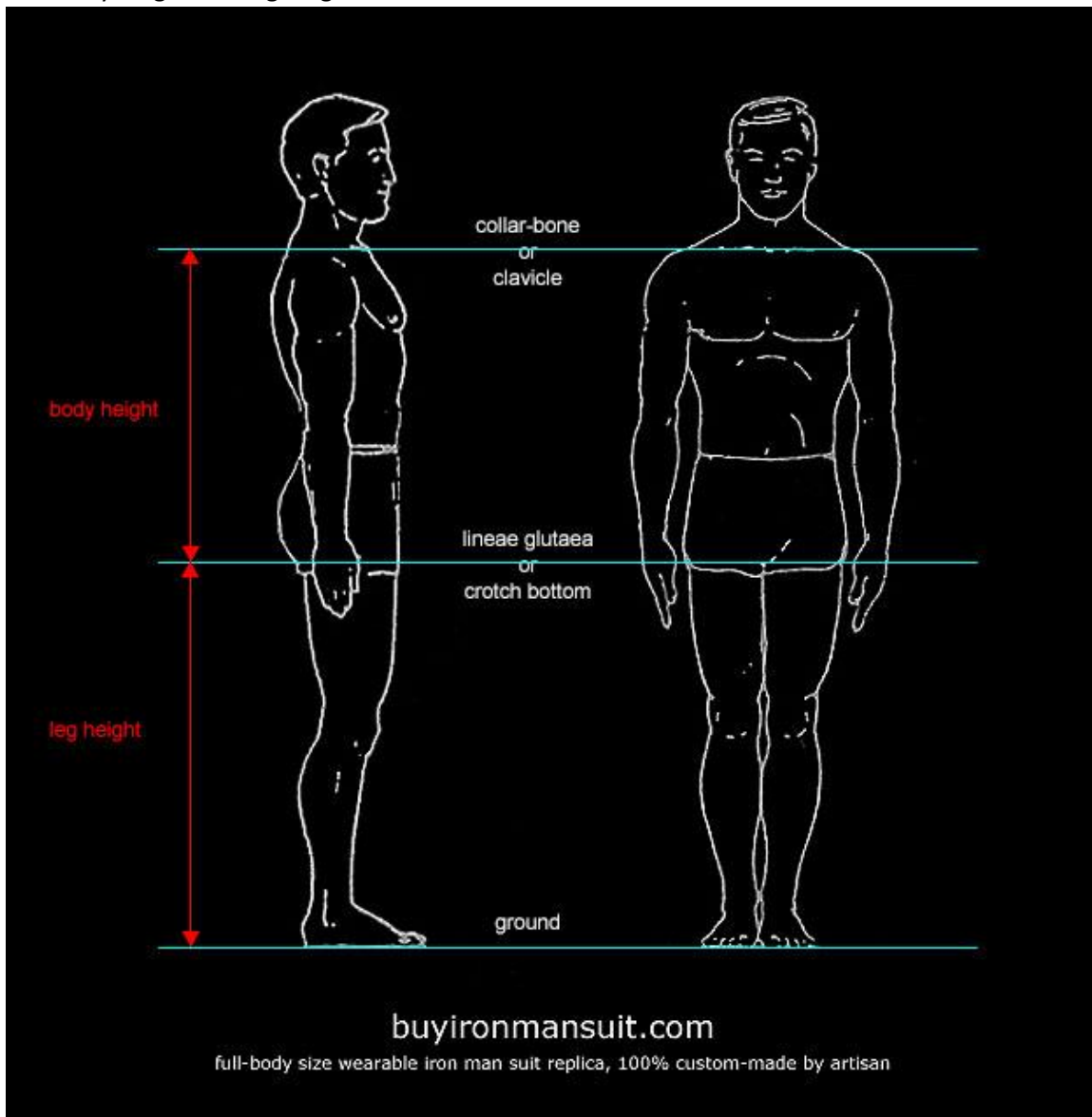
The second position is your lineae glutaeta, which is the line between your thigh you're your bottom. This position is almost as height as your crotch bottom.

The third position is the ground you are standing on now.

The **plumb-line** distance between your clavicle bone and your lineae glutaeta is your body height.

The **plumb-line** distance between your lineae glutaeta and the ground is your leg height.

You must **NOT** measure alone your body or your leg which will definitely make the measurement result larger than your real body height and leg height.



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# Appendix II

## How to measure your Head Breadth?

The Iron Man helmet has enough space in length and height dimension. The Helmet has enough space for your spectacles (glasses), your measurement should not take it into consideration.

The only measurement you need to take is your Head Breadth. Please accurate to one decimal.

**A** **B** **C**

head width  
the smaller the helmet is, the better it looks.

find someone to help you

keeps the books still and measure the width of the gap

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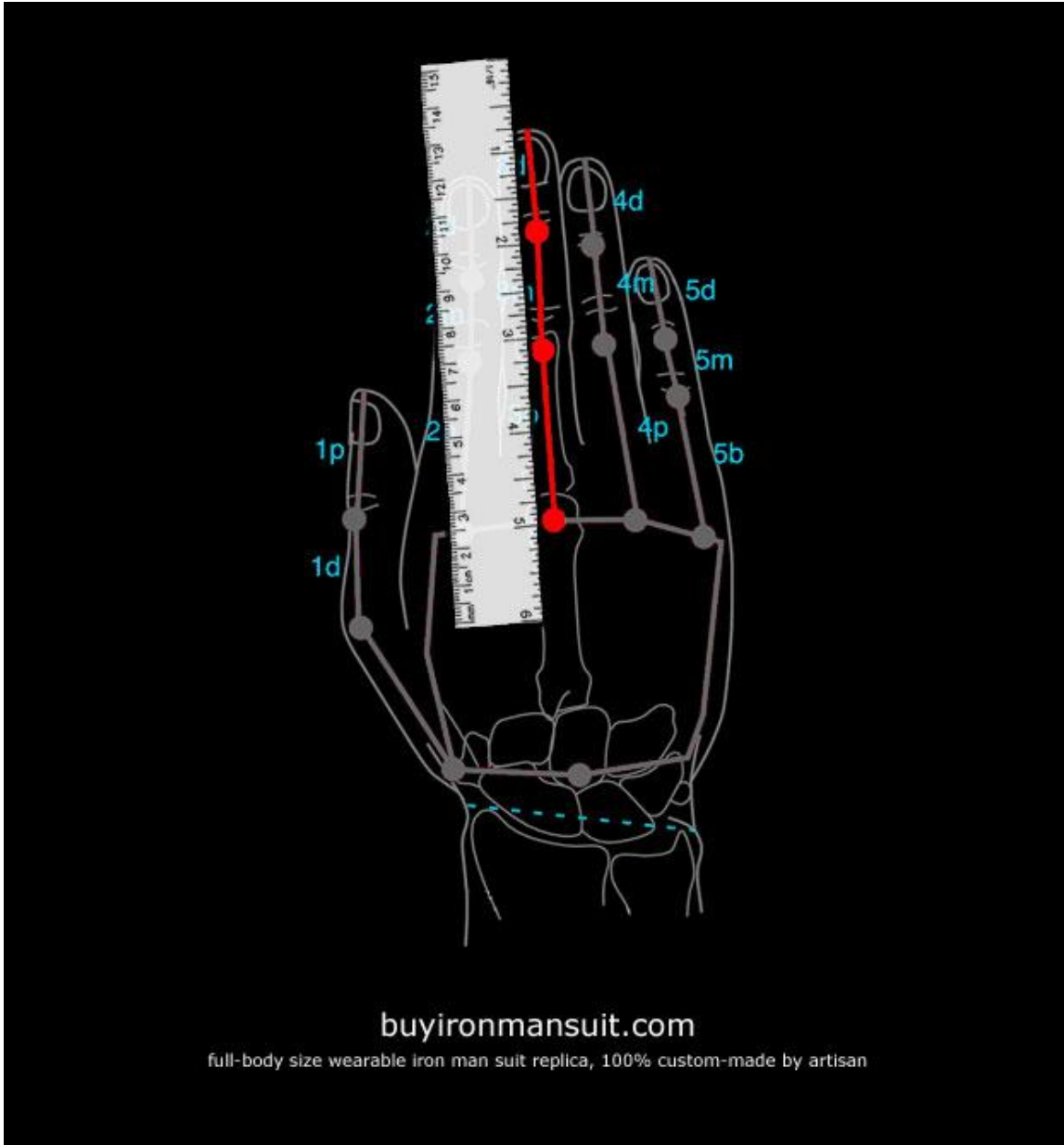
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## Appendix III

### How to measure your Hand Size (Middle Finger Length)?

Please measure from the middle finger top to the joint peak on the back of your palm.  
Please accurate to one decimal.



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# Appendix IV

## Shoes Size Chart

European	American	Canadian	UK	Australia	Mexico	Japanese	Foot Length		Foot Girth	
							inch	cm	inch	cm
36										
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

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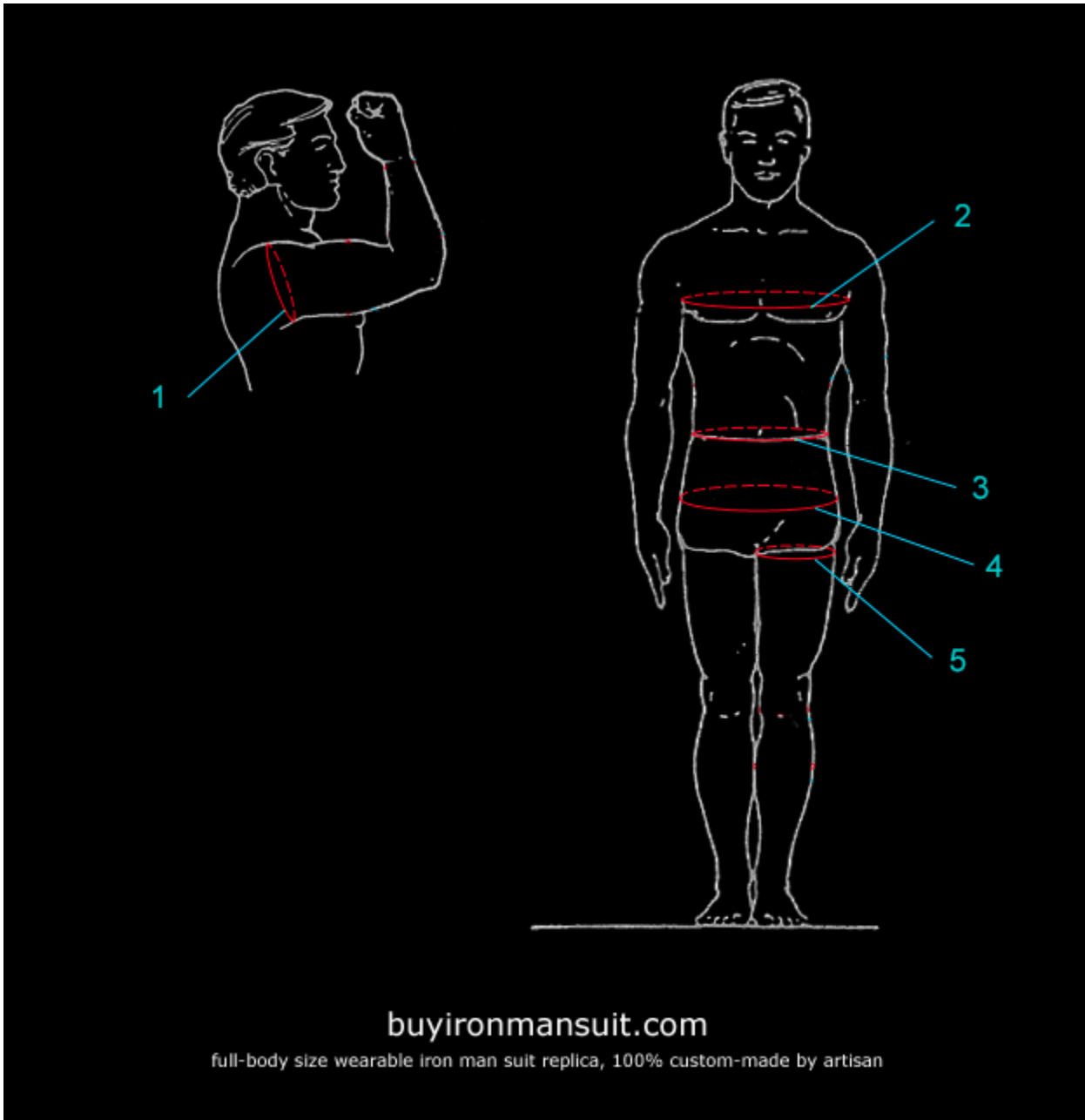
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# Appendix V

## Additional Measurements

1. axillary arm circumference
2. chest circumference
3. waist circumference (omphalion)
4. buttock circumference
5. thigh circumference



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