

NAME

AGE

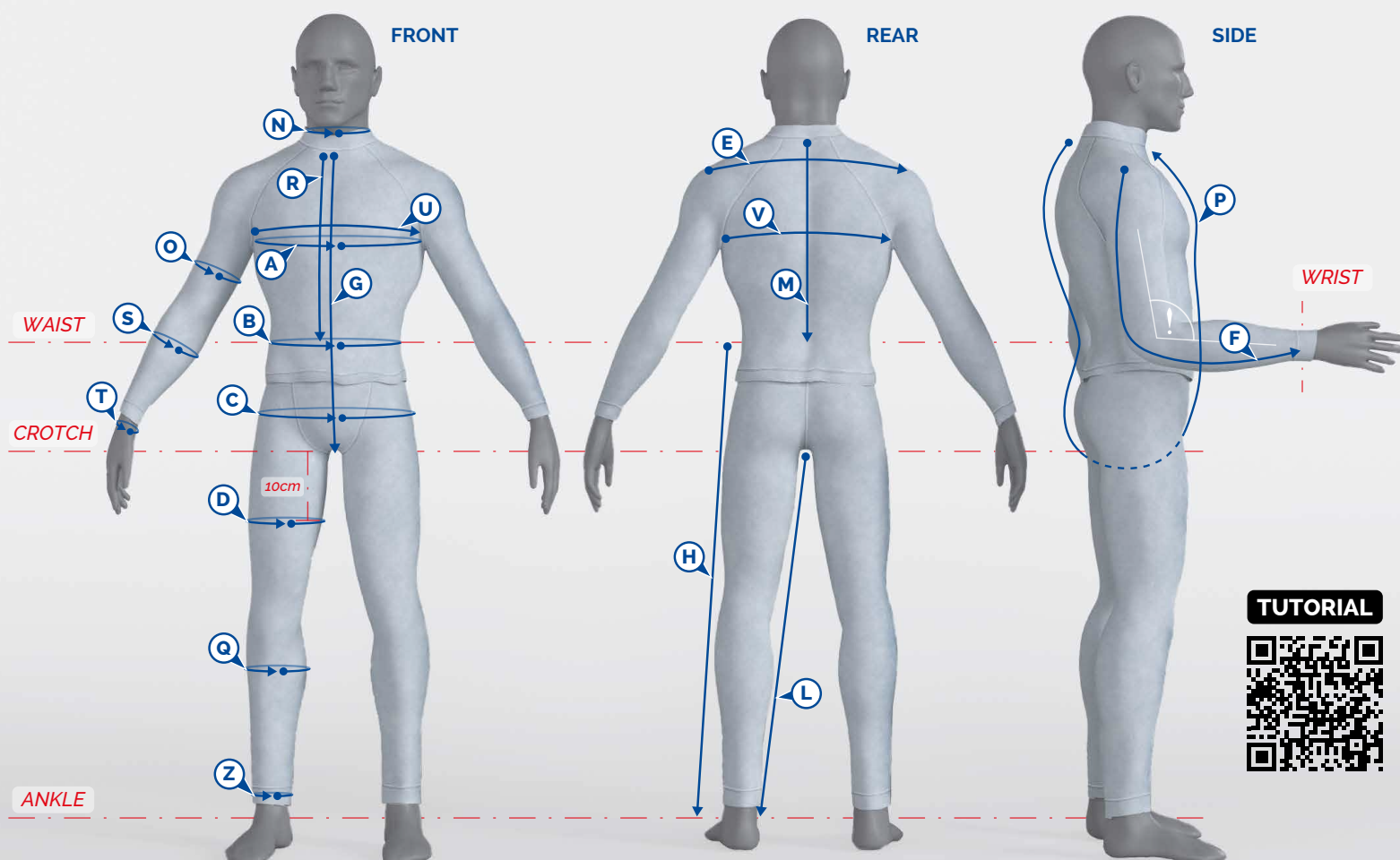
GENDER ☐ M ☐ F

sparco

SURNAME

FLAG

CUSTOM SIZE CHART



TUTORIAL



GENERAL MEASURES

HEIGHT WEIGHT

REQUESTED FIT

SLIM FIT ☐REGULAR FIT ☐LOOSE FIT ☐

RECOMMENDATIONS

READ ALL INSTRUCTIONS CAREFULLY BEFORE PROCEEDING TO ENSURE ACCURATE MEASUREMENTS:

- Take measurements wearing **only underwear**. Please remove shoes.
- Measure **twice** to ensure accuracy.
- For **B**, **M**, **R**, measurement **wrap a piece of elastic/rope** around your **waist** on **belly button**, parallel to floor, as a reference to better find frontal and back waist measurement point.
- Take all measurements in **centimeters (cm)**.
- Write all measurements **readable** in the above template.

MEASUREMENTS

A CHEST CIRCUMFERENCE

Run tape measure under armpit, put in the largest part of the chest in horizontal position, arms relaxed at your sides.

B WAIST CIRCUMFERENCE

Run tape measure around waist horizontally, arms at your sides.

C HIPS CIRCUMFERENCE

Run tape measure around hips at the widest point, arms at your sides. (18-20 cm under waist point.)

D THIGH CIRCUMFERENCE

Measure the largest part of the thigh. Tape should be around 10 cm from below the crotch.

E SHOULDER WIDTH

Arms at your sides, run tape measure from bone to bone.

F SLEEVE LENGTH

Start the measurement from shoulder bone, running around elbow (arm flexed) ending at wrist.

G FRONTAL CHEST LENGTH

Take the measure starting from the notch of the neck down to below the crotch.

H EXTERNAL LEG

Run tape from waist to ankle bone

L INTERNAL LEG

Run tape from crotch to internal ankle bone.

M BASE OF NECK TO WAIST

Run the tape measure from lower vertebra of the neck to the waist.

N NECK CIRCUMFERENCE

Run your tape measure around the neck at the thickest point

O BICEP CIRCUMFERENCE

Run the tape measure around the widest point of the biceps.

P TORSO LENGTH

Starting from the notch of the neck in front, run tape through crotch to base of neck in back.

Q CALF CIRCUMFERENCE

Run tape measure around the widest point of the calf.

R NECK TO WAIST (FRONT)

Run tape measure from notch of the neck in front to waist strap.

S FOREARM CIRCUMFERENCE

Run the tape measure around the widest point of the forearm.

T WRIST CIRCUMFERENCE

Run the tape measure around the wrist bone.

U CHEST WIDTH

Arms at your sides, run tape measure from armpit to armpit.

V BACK WIDTH

Arms at your sides, run tape measure from armpit to armpit.

Z ANKLE CIRCUMFERENCE

Run the tape measure around the ankle bone.

We recommend sending photos of your full figure in the positions shown above to better understand the distribution of your measurements.