



MEASURING FORM instructions

DO NOT MEASURE YOURSELF!

Have someone else measure you. Measure over your t-shirt and jeans or similar snug-fitting clothes. Use a cloth measuring tape and keep snug, but not tight.

1. Height –in stocking feet.
2. Weight.

For upper body measurements, stand upright in normal relaxed stance.

3. Around base of neck- where collar starts (avg. 16").
- 3a. From base of neck to shoulder joint (avg. 6").
4. Across upper chest, between seams- about 4" below base of neck.
Use the shoulder joints as your reference points (42 chest, avg. 16).
5. Around the fullest part of chest- high under arms as shown.
6. Around midsection, about 4" above navel.
7. Around expanded biceps.
8. Around expanded forearms
9. Around wrists, over wrist bone.
10. See sketch- from base of neck in center of back, around elbow point, to center of wrist bone.
- 10a. From shoulder joint to center of wrist bone.
11. Across back of shoulders about 6" from base of neck.
Use the shoulder joints as your reference points (42" chest, avg. 17").
12. Base of neck in front to belt band in standing position.
- 12a. Base of neck in front to navel in standing position.
13. Base of neck in back to belt band in standing position.
14. See sketch- base of neck in back to belt band in bend position.
15. Around body at belt band.
- 15a. Around body at navel.
16. Around the fullest part of the hips/ butt.

For lower body measurements, spread feet comfortable apart.

17. From top of belt band to center crotch in front.
18. From center of crotch seam to top of belt band in back.
- 18a. From top belt band in back, between legs to top of belt band in front.
19. From crotch to center of anklebone.
20. From top of belt band to center of anklebone.
21. Around the leg just above the anklebone.
22. Around largest part of calf.
23. Around largest part of thigh near crotch.
24. Put foot on chair so leg is bent.
Measure from crotch to center of knee joint on inside of leg.

• FOR WOMEN ONLY •

25. From center of shoulder to center of fullest part of bust.
26. From center to center, as shown
27. Around the midway between waist and fullest part of hips/butt.
28. Around body directly under bust.

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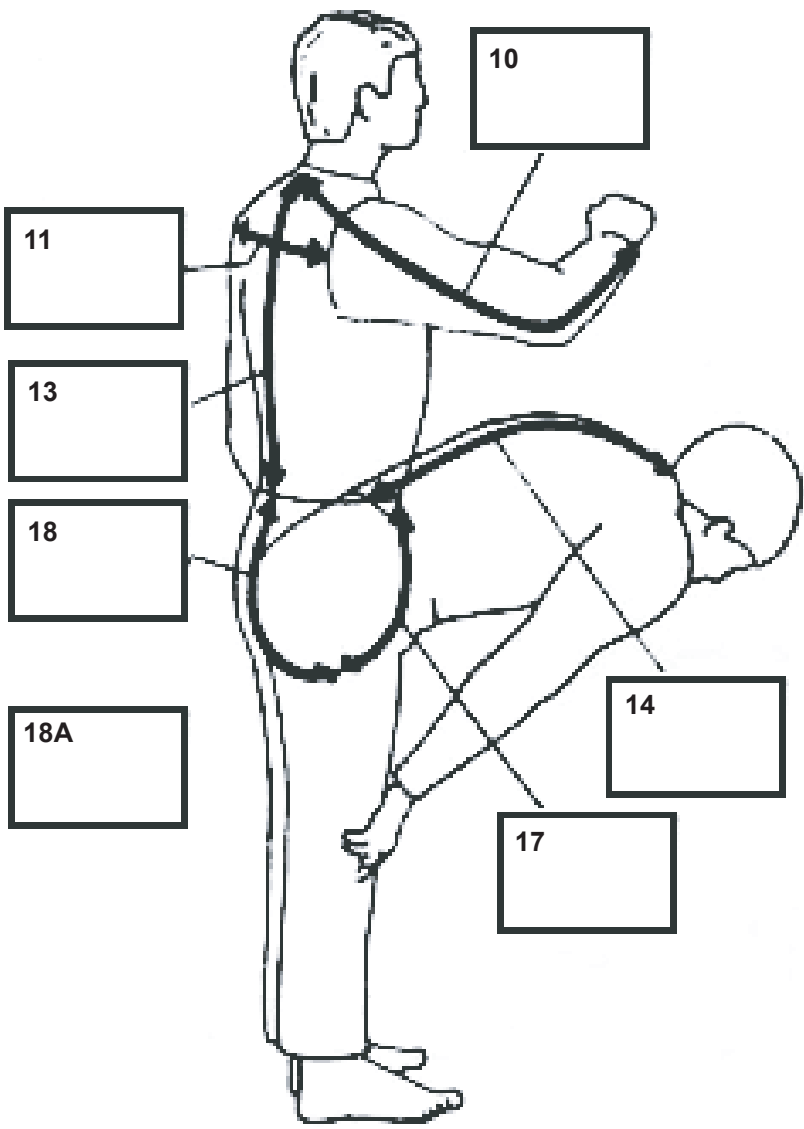


MEASURING FORM

Name of person _____

garment is to be made for: _____

Height: _____ Weight: _____ lbs Age: _____



Circle riding position:



- Pants worn inside boots
 - Pants worn outside boots
 - Back protector worn
 - Cut for regular fit*
 - Cut for loose fit*
- * when riding cycle

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Allow for growth Where? _____

Allow for muscle pump-up Where? _____

