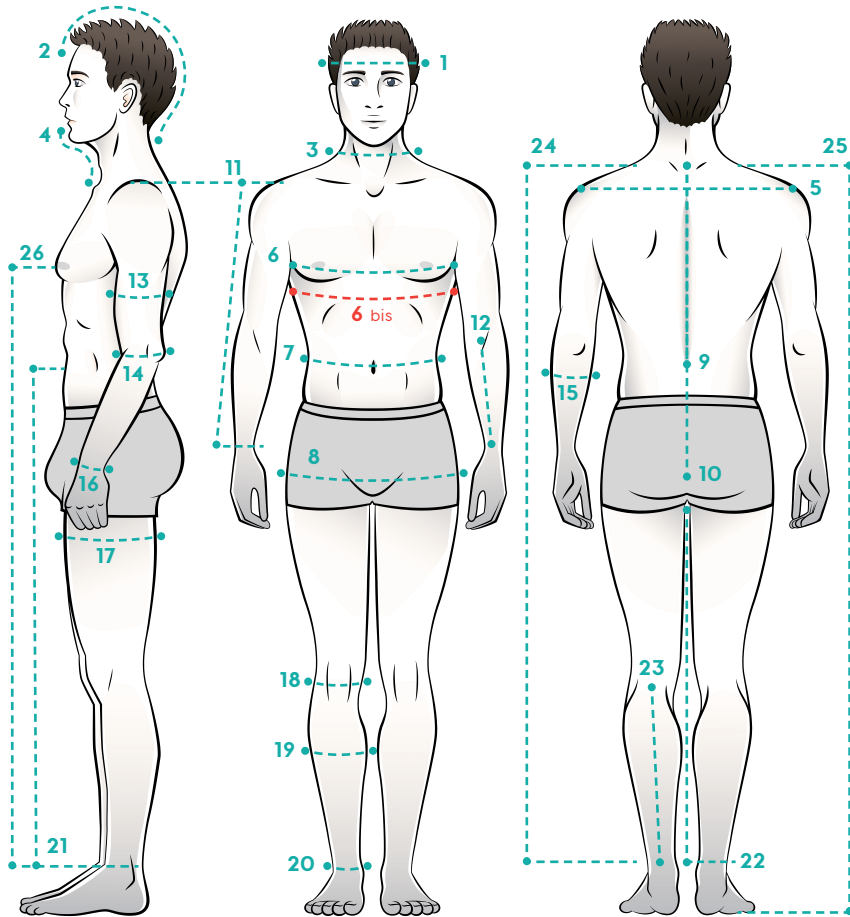


GUIDE TO FILLING IN SIZING FORM FOR MOLAMOLA AND TUTTOSUB WETSUITS

- Use a flexible tailor measuring tape.
- Get help from another person and make sure to take all measurements required.
- Respect the instructions regarding body position when taking each measurement.
- Take measurements against bare skin and with relaxed muscles.
- Ensure that the measuring tape is pulled flat against the skin, but do not pull too tight.
- In case of uncertainty, measure three times and take an average in order to reduce the margin for error.



1 - Head circumference	_____	16 - Wrist circumference	_____
2 - Distance from forehead to neck	_____	17 - Thigh circumference	_____
3 - Neck circumference	_____	18 - Knee circumference	_____
4 - Distance from chin to neck	_____	19 - Calf circumference	_____
5 - Shoulder width	_____	20 - Ankle circumference	_____
6 - Chest circumference	_____	21 - Distance from waist to ankle	_____
6bis - Bust circumference (women)	_____	22 - Distance from groin to ankle	_____
7 - Waist circumference	_____	23 - Distance from knee to ankle	_____
8 - Hip circumference	_____	24 - Distance from trapezius to ankle	_____
9 - Distance from neck to back	_____	25 - Distance from trapezius to floor	_____
10 - Distance from neck to tail bone	_____	26 - Distance from nipple to ankletr	_____
11 - Arm Length	_____		
12 - Distance from elbow to wrist	_____	27 - Height	_____
13 - Biceps circumference	_____	28 - Weight	_____
14 - Elbow circumference	_____	29 - Foot size	_____
15 - Forearm circumference	_____		

NOTE (Indicate any particular physical characteristics [ex. kyphosis or lordosis, inclined shoulders, winged shoulder blades, relevant asymmetries, etc ...]).

TUTORIAL

1. Head circumference

Place one end of the tape measure horizontally against the centre of the forehead, right above the eyebrows.

Measure the circumference of the head, taking care not to include the ears in the measurement.

2. Distance from forehead to neck

Place one end of the tape measure vertically against the centre of the forehead, right above the eyebrows.

Measure the distance from the forehead to the neck, going over the head and stopping at the C7 cervical vertebra, the protruding bone between the neck and the back.

3. Neck circumference

Place one end of the tape measure on the Adam's apple and measure the circumference of the neck, taking care not to pull too tight.

4. Distance from chin to neck

Hold your chin up, hyperextending the head.

Place one end of the measuring tape vertically under the bottom lip and measure the distance from the chin to the neck to the centre of the clavicles.

5. Shoulder width

With help, place one end of the measuring tape against the most protruding part of the head of the left humerus.

Measure the width of the shoulders along the back from there to the same point on the right humerus.

6. Chest circumference

In a standing position with arms raised, place one end of the tape measure on one nipple.

Measure all of the way around the chest by bringing the measuring tape under the armpits and lowering the arms to rest alongside the body.

Take care to ensure that the tape is pulled flat and parallel to the ground.

6 bis. Bust circumference (extra measurement for women only)

In a standing position with arms raised, measure the circumference of the bust passing the tape under the breasts.

Complete the measurement with the arms lowered alongside the body, taking care to ensure that the tape is pulled flat against the back and parallel to the ground.

7. Waist circumference

Measure the circumference of the waist by positioning the tape at the belly button and taking care to ensure that it is pulled flat against the back and parallel to the ground.

8. Hip circumference

Standing upright with feet together, measure the hip circumference from the most protruding point of the hipbone. Take care to ensure that the tape is pulled flat against the buttocks and parallel to the ground.

9. Distance from neck to back

In a standing position, place one end of the tape vertically above the C7 cervical vertebra, the protruding bone between the neck and the back.

Measure the distance from neck to back by pulling the tape flat against the back to the point that corresponds with the belly button.

10. Distance from neck to tail bone

In a standing position, place one end of the tape vertically above the C7 cervical vertebra, the protruding bone between the neck and the back.

Measure the distance between the neck and the tail bone by pulling the tape to the coccyx, the last part of the spinal column, while ensuring that the tape remains pulled flat against the back.

11. Arm Length

With one arm stretched downwards, place one end of the measuring tape against the head of the humerus, the protruding part of the shoulder.

Measure the length of the arm from here to the bony protuberance on the wrist, taking care to ensure that the tape is pulled flat against the body.

12. Distance from elbow to wrist

With the palm of the hand facing up and the arm bent forwards at a 90 degree angle, place one end of the tape measure in the elbow cavity.

Measure the distance from the elbow to the wrist from here to the base of the palm of the hand.

13. Biceps circumference

With the arm relaxed, place one end of the tape measure halfway along the biceps. Measure the circumference of the biceps.

14. Elbow circumference

With the arm stretched out, measure the circumference of the elbow while keeping the tape pulled flat against the skin.

TUTORIAL

15. Forearm circumference

With the arm relaxed, measure forearm circumference at its widest point.

16. Wrist circumference

Measure wrist circumference at the bony protuberance of the wrist, keeping the tape pulled flat against the skin.

17. Thigh circumference

Measure thigh circumference at its widest point.

18. Knee circumference

With the leg stretched out, measure the circumference of the knee while keeping the tape pulled flat against the skin.

19. Calf circumference

Measure calf circumference at its widest point.

20. Ankle circumference

Measure ankle circumference around the malleoli, these are the bony protuberances on either side of the ankle. Ensure that the tape is pulled flat against the skin.

21. Distance from waist to ankle

In a standing position, place one end of the tape vertically on the hip at the same height as the belly button. Measure the distance between the waist and the ankle from here to the malleolus, the bony protuberance on the side of the ankle. Ensure that the tape is pulled flat against the body.

22. Distance from groin to ankle

In a standing position, place one end of the tape vertically at the groin. Measure the distance from groin to ankle by pulling the tape down the inner thigh and leg to the centre of the medial malleolus, the bony protuberance on the inside of the ankle. Ensure that the tape is pulled flat against the body.

23. Distance from knee to ankle

Standing with the knees slightly bent, place one end of the measuring tape vertically in the hollow of the knee. Measure the distance from the knee to the ankle by pulling the tape down the back of the thigh to the height of the centre of the lateral malleolus, the bony protuberance on the outside of the ankle.

24. Distance from trapezius to ankle

In a standing position, with the legs shoulder width apart, place one end of the measuring tape vertically halfway along the trapezius, that is the point on the shoulder where shoulder straps usually rest.

Measure the distance from trapezius to ankle by pulling the tape down the front of the body, passing over the nipple and over the centre of the knee, and stopping at the height of the malleoli, the bony protuberances on either side of the ankle. Ensure that the tape is pulled flat against the body.

25. Distance from trapezius to floor

In a standing position, with the legs shoulder width apart, place one end of the measuring tape vertically halfway along the trapezius, that is the point on the shoulder where shoulder straps usually rest.

Measure the distance from trapezius to floor by pulling the tape down the front of the body, passing over the nipple and over the centre of the knee, and stopping at the floor on the outside of the ankle.

Ensure that the tape is pulled flat against the body.

26. Distance from nipple to ankle

In a standing position, with the legs shoulder width apart, place one end of the measuring tape vertically on the side of the body at the height of the nipples. Measure the distance from nipple to ankle by pulling the tape down the side of the body to the centre of the lateral malleolus, the bony protuberance on the outside of the ankle. Ensure that the tape is pulled flat against the body.



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