

图示 Illustration	NO.	测量内容 Measurements	备注 Remark	尺寸 (CM,KG) Size
	1	身高 Height	双脚并拢站立, 测量头顶至脚跟的高度 Stand straight with feet together, measure the height from the top of your head to the heel	
	2	体重 Weight	体重 Weight	
	3	头围 Head	额头处 Forehead, around the head	
	4	前颈长 Front neck to seam	下巴到胸骨上窝的长度 Length of chin to upper sternum	
	5	帽中长 centre head	额头到颈椎点的长度 Length of forehead to cervical vertebrae	
	6	颈围 Neck	脖子中间部分周长(如脖子偏长或偏短请注明) Middle part of the neck (please specify if the neck is too long or too short)	
	7	腋下胸围 Chest above bust	测量通过腋下, 胸部上围周长 Measuring through the armpit, circumference on the chest	
	7b	女士胸围 Female's chest	女生最大胸围 [female only] To be taken over fullest part of bust	
	7c	女士胸高 Female's chest height	乳头到颈肩点的长度 [female only] Length from nipple to neck shoulder	
	8	腰围 Waist	肚脐往上最细部分一周 Thinnest part up the navel	
	9	臀围 Hip	臀部最宽处一周 Taken over fullest part of backside	
	10	袖笼 Armhole	手臂45度角张开状态, 腋下至肩点一周长度 Keep the arm open at 45 degree angle, measure the length from the armpit	
	11	大臂围 Biceps	腋下5-6CM处, 手臂一周 Arm width 5-6cm below the armpit	
	12	肘上围 Above-elbow	肘部往上最细一周 Thinnest circle up the elbow	
	13	肘围 Elbow	肘部一周 Circumference of the elbow	
	14	肘下围 Forearm	肘部往下最粗一周 Thickest circle below the elbow	
	15	手腕围 Wrist	手腕最细部分一周 Thinnest circle of the wrist	

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	16	大腿围 Thigh	裆部向下7-8CM处，腿部一周 Leg circumference 7-8cm below the crotch	
	17	膝上围 Up-knee	膝盖往上最细部分一周 Thinnest circle up the knee	
	18	膝围 Knee	膝盖部一周 Circumference of the knee	
	19	膝下围 Below-knee	膝盖往下最粗部分一周 Thickest circle below the knee	
	20	小腿围 Calf	小腿最宽处周长 Widest circumference of the calf	
	21	脚踝围 Ankle	脚踝往上最细部分一周 Thinnest part up the ankle	
	22	肩宽 shoulder width	肩点通过颈椎点至另一侧肩点 From one shoulder point to the other side of the shoulder point through the cervical vertebrae point	
	23	臂长 Arm	两臂成45度角张开状态，由肩点处量至手腕关节处 Keep the arm open at 45 degree angle,measure from shoulder to wrist joint	
	24	袖长 Sleeve	两臂成45度角张开状态，颈椎点通过肩点至手腕关节处 Keep the arm open at 45 degree angle,measure from vertebrae point to the wrist joint throught the shoulder	
	25	腋下袖长 Arm length below armpit	腋下至手腕关节处 Length to the wrist joint from armpit	
	26	小臂长 Forearm	手肘至手腕 From elbow to wrist	
	27	腰高 waist height	颈椎点至腰部最细部分 Vervical vertebrae to the thinnest part of the waist	
	28	大身长 body length	颈椎点至内脚踝 Cervical vertebrae to internal ankle	
	29	小腿长 Calf	膝盖至脚踝处 Knee to ankle	
	30	内长 Inside leg	大腿根部至内脚踝处 Crotch to the inner ankle	
	31	上身前后总长 All around body	从胸骨上窝过裆部至颈椎点总长 From the sternal fossa to the cervical vertebrae throught the crotch	