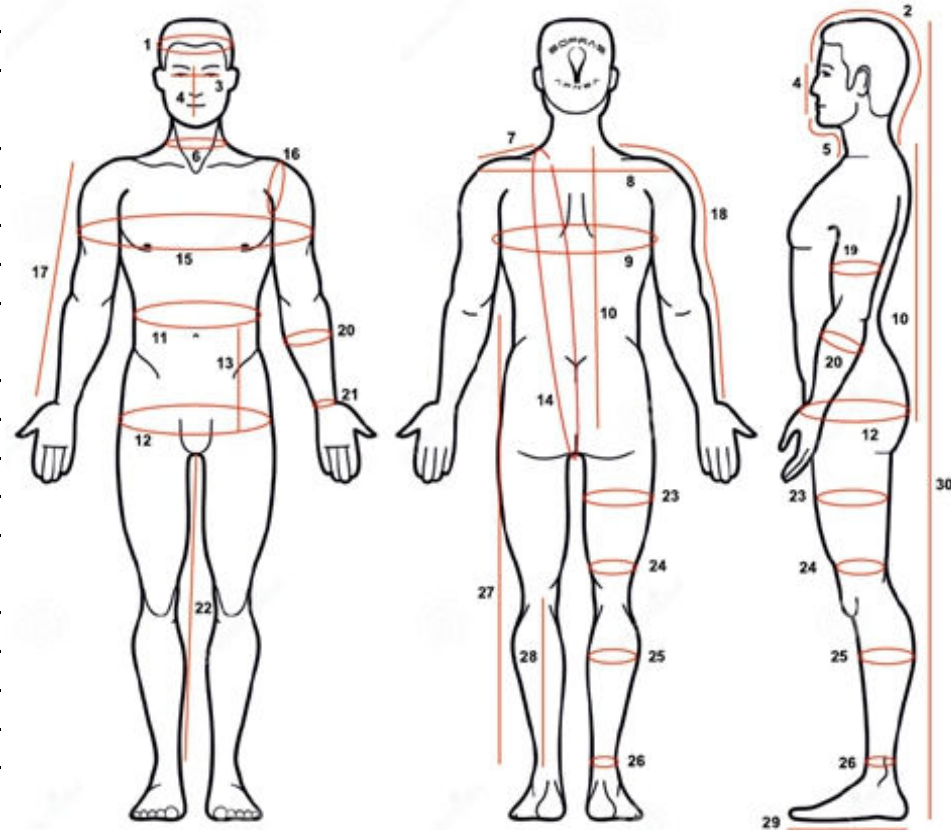


## SOPRAS APNEA - MEASURING WET SUITS

1	head circumference	<i>And don't forget to include your hair if long</i>	cm
2	head length	<i>from the eyebrows to the seventh vertebra</i>	cm
3	face width	<i>between eyebones, straight distance no nose</i>	cm
4	face height	<i>from dimple to eyebrows, straight distance</i>	cm
5	length of chin and neck	<i>from the chin dimple to the collarbone</i>	cm
6	neck circumference	<i>And don't forget to include your hair if long</i>	cm
7	width of the shoulder	<i>from the neck to the shoulder joint</i>	cm
8	back width	<i>from shoulder to shoulder bone</i>	cm
9	chest circumference	<i>over breast</i>	cm
10	torso length I.	<i>From the seventh vertebra to the hip level</i>	cm
11	waist circumference	<i>narrowest point, about 2cm above navel</i>	cm
12	hip circumference	<i>widest spot</i>	cm
13	length between waist and hips	<i>between narrowest and widest</i>	cm
14	torso length II.	<i>shortest distance: crotch to shoulder and back</i>	cm
15	chest circumference incl. arms	<i>all around your torso and arms</i>	cm
16	circumference of the shoulder	<i>from armpit through shoulder joint and back</i>	cm
17	hand length I.	<i>from shoulder joint to wrist bone</i>	cm
18	hand length II.	<i>from neck to wrist bone</i>	cm
19	biceps circumference	<i>widest spot</i>	cm
20	circumference of forearm	<i>widest spot</i>	cm
21	wrist circumference	<i>narrowest point over wrist bone</i>	cm
22	inner leg length	<i>from crotch to ankle</i>	cm
23	thigh circumference I.	<i>widest spot</i>	cm
24	thigh circumference II.	<i>narrowest point, above knee</i>	cm
25	calf circumference	<i>widest spot</i>	cm
26	ankle circumference	<i>narrowest point, above ankle bone</i>	cm
27	length of trousers	<i>from waist to ankle</i>	cm
28	calf length	<i>from bend below the knee to ankle</i>	cm
29	foot length		cm
30	total height		cm
31	body weight	<i>rough estimate</i>	kg

## NOTES

<b>Name</b>	
<b>Email</b>	
<b>Phone</b>	



WATCH THE VIDEO ON YOUTUBE

<https://www.youtube.com/watch?v=KCpxaMpi9ZA>