

No.	測量內容 Measurements	圖示 Pic	備註 Remark	尺寸 Size (cm)
1	身高 Overall Height		雙腳併攏站立，測量頭頂至腳跟高度 Stand up straight with your feet together, take the vertical measure from head to heel	164
2	肩寬 Shoulder breadth		量至兩側肩膀最邊緣凸起骨頭處， 不要量至兩肩邊緣。 Tape over the shoulders, take the measure between the edges of the final bones.	38
3	臂長 Arm Length		兩臂垂直在身體兩側測量， 由肩骨處量至手腕關節處 Arm along the body, take the measure from the final bone of the shoulder until the wrist bone.	50
4	腋下胸圍 Chest Circumference		測量腋窩下，胸部上圍周長 Take the measure in the widest high part of the chest (under the armpit)	76
4D	女士胸圍 Chest Circumference (woman)		女生最大胸圍 Take the measure over the breast in the widest part.	78
5	脊椎 Shoulder-Blade/ Crotch Length		頸椎第一塊至肛門處長度 Take the measure back from the first vertebra on neck base, until to halfway down the curve of the buttocks(anus).	58
6	腰圍 Waist		肚臍處腰圍 建議腰圍數據可比實際數據減少 2-3cm 會更加合身 Over the navel.	62
7	臀圍 Pelvis		屁股最寬處 Take the measure in the widest point, over the buttocks.	86
8	大腿圍 Thigh		大腿根部周長 Take the measure in the widest high part.	46
9	小腿圍 Calf		最寬處周長 Take the measure in the widest part.	32
10	腿長 Inside Leg		襠下至腳踝骨頭處 Take the measure from the crotch until the ankle bone.	68
11	頭圍 Head Circumference		額頭處 On forehead.	52
12	頸圍 Neck		脖子中間部分周長 (如脖子偏長或偏短請注明) In the center of the neck (specify if have little long or little short neck)	31
13	大臂圍 Biceps		手臂垂下測量 Arm along the body.	24
14	前臂圍 Forearm		小臂最寬處 Take the measure in the widest point of the forearm.	21
15	手腕 Wrist		取較窄部分測量， 手腕數據可比實際數據減 1cm Take the measure in the strait point.	15
16	腳踝 Ankle		取較窄部分測量， 腳踝數據可比實際數據減 1cm Take the measure in the strait point.	19