



Cyber Shield Wetsuits Measurement Guide

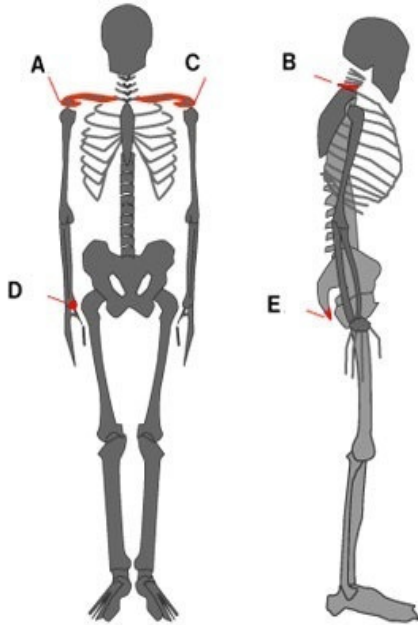
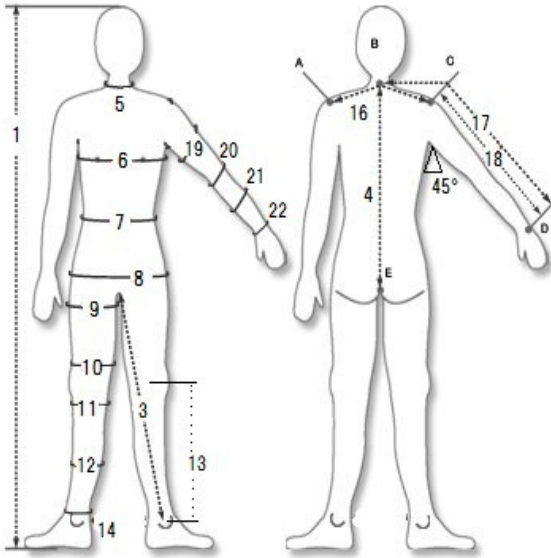
Get assistance. Please do NOT try to measure yourself.

Wear light clothes, board shorts, underwear, swimsuits. etc.

Measure all the spots in centimeters, at least twice.

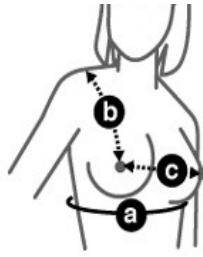
We are NOT responsible for your mismeasurement.

Required time 45min.



1	HEIGHT	Measure in centimeters
2	WEIGHT	Measure in kilograms
3	INSEAM	Crotch to ankle bone, foot 3in. Apart
4	SPINE	"B"- "E", Neck bone to tail bone
5	NECK	Smallest part of neck, avoid Adam's apple
6	CHEST	Around chest on nipples (Arms down)
7	WAIST	Smallest part of waist (1-2in. Above bellybutton)
8	HIPS	Biggest part of hip (Pockets empty)
9	THIGH	Biggest part of thigh
10	UPPER KNEE	Smallest part of thigh, Right above knee
11	LOWER KNEE	Right under knee
12	CALF	Biggest part of calf
13	KNEE TO ANKLE	The middle of knee to ankle bone
14	ANKLE	Above ankle bone, smallest part of ankle
16	FULL SHOULDER	"A"- "B"- "C"
17	MID-BODY TO WRIST	"B"- "C"- "D" (Arm 45° angle)
18	SLEEVES	"C"- "D" (Arm 45° angle)
19	BICEP MUSCLE	Biggest part of bicep (Arm 45° angle)
20	ELBOW	Smallest part of elbow
21	LOWER ELBOW	Biggest part of forearm
22	WRIST	Smallest part of wrist, Avoid joint





For Women Only

23	UNDER BUST	Right under bust (a)
24	SHOULDER TO NIPPLE	Highest on shoulder to nipple (b)
25	BETWEEN NIPPLES	c