

I need to get your numbers. It is important that measurements be taken in the manner laid out on this sheet so that I have a consistent base of information to design the frame around. It takes two people to get the measurements of one, so find a helper. You will need a measuring tape and a dowel/rod. Be accurate.

Height: _____ Weight: _____ (lbs)

Inseam: _____

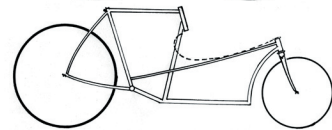
This measurement (& height) is taken with the shoes off, on a relatively level floor. Pull the dowel upwards against your crotch while keeping it level (you can stand against a wall and use a carpenter's square to do this accurately). Measure from the top side of the dowel to the floor.



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Torso: _____

Keeping the dowel in the same position, measure from the top side of the dowel up to the top of your torso. I use the very top of the sternum for this point.



Arm: _____

Grip the dowel in one hand and extend your arm out to your side as shown. The dowel should be perpendicular to your arm. Measure from where the dowel is pulled into the web of your thumb up to the center of the top of your shoulder joint. Move the joint up and down to find the spot where bones meet.

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