

Back Coutour



Follow instructions on the supplied template. Mark which profile better follows the user's back.

A B

date

company

user name

user height cm ft-in

user weight kg lbs

This form is provided with both metric and imperial units. Please fill the one with whom you feel most comfortable with.

Upper Chest Circumference

Measured just under the armpits.

cm
 in



Abdominal Circumference

Measured at the height of the navel.

cm
 in



Bicep Circumference

Measured on relaxed arm, at the bicep prominence. On dominant side.

cm
 in



Thigh Circumference

Measured 20 cm / 8 in above the kneecap. On dominant side.

cm
 in

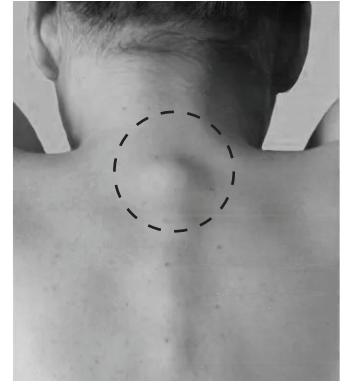


Back Countour

Take the template received in the envelope and follow the printed instructions (*profile A* for French and *profile B* for English).

Place the upper part of the template (indicated by **C7**) at the location of the 7th cervical vertebra. This vertebra is usually located at the same height as the shoulder and corresponds to the most prominent bone structure at the base of the neck.

Try each profile on the user's back and select the one which better mimics the shape of the user's back (with the minimum distance between the profile and the user's back).



Upper Chest Circumference

Ask the subject to raise the arms and place the measurement tape under the armpits. Once done, the subject can lower their arms along their side in a natural posture.

Measure the chest circumference once the inspiration phase is completed (we suggest allowing the subject to breathe four to five times before taking the measurement).

Abdominal Circumference

Ask the subject to raise the arms and place the measurement tape at the navel height. Once done, the subject can lower their arms along their side in a natural posture.

Measure the abdominal circumference once the inspiration phase is completed (we suggest allowing the subject to breathe four to five times before taking the measurement). Ask the subject to relax their abdominal area during the measurement.

Bicep Circumference

Identify the most prominent portion of the dominant arm (or the middle point between the elbow and the shoulder).

Ask the subject to raise this arm and place the measurement tape at that location. Then, ask them to lower it in a natural position and take the measurement with the arm relaxed.

Thigh Circumference

Identify the most prominent portion of the thigh (around the middle of the thigh, or at about 20 cm / 8 " above the knee). Ask the subject to stand evenly on both legs. Wrap the measuring tape around the thigh and note the measured circumference.

BACK			LEGS			ARMS		
	Back Profile	Upper Chest Circumference		Thigh Circumference			Biceps Circumference	
		cm / in		cm / in			cm / in	
T01	A	70.0 / 27.5 - 94.0 / 37.0	TH1	46.5 / 18.3	- 48.0 / 18.9	AR1	20.5 / 8.0	- 25.0 / 9.8
T02		94.0 / 37.0 - 130.0 / 51.2	TH2	48.0 / 18.9	- 55.0 / 21.6	AR2	25.0 / 9.8	- 31.0 / 12.2
T03	B	70.0 / 27.5 - 94.0 / 37.0	TH3	55.0 / 21.6	- 62.0 / 24.4	AR3	31.0 / 12.2	- 38.5 / 15.1
T04		94.0 / 37.0 - 130.0 / 51.2	TH4	62.0 / 24.4	- 70.0 / 27.5	AR4	38.5 / 15.1	- 42.0 / 16.5