

Informations personnelles	TAILLE DE PANTALON	TAILLE COMBINAISON HABITUELLE
Nom .....	EU .....	Marque .....
Taille ..... cm Poids .....	kg USA .....	Taille .....

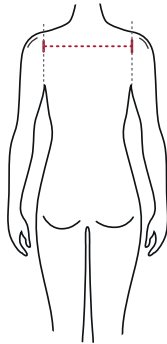
Un doute ?  
Direction notre chaîne  
YOUTUBE pour découvrir  
notre tutoriel pour vous  
aider dans la prise de vos  
mesures !



**1. EPAULES**

Mesurez dans le dos

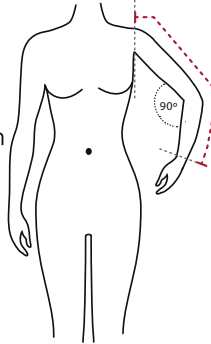
cm



**2. LONGUEUR DE MANCHES**

Bras

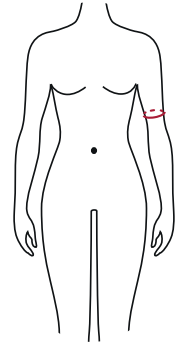
cm



**3. BICEPS**

Contour

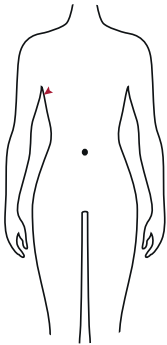
cm



**4. POITRINE**

Contour

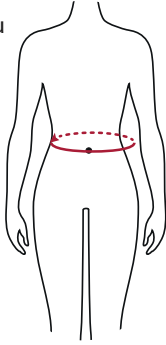
cm



**5. TAILLE**

A la hauteur du nombril

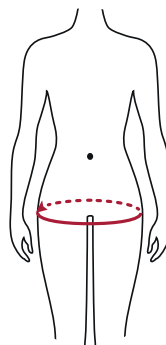
cm



**6. HANCHES**

Contour

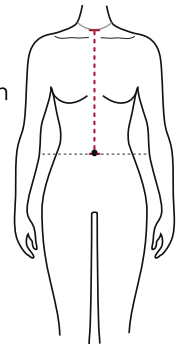
cm



**7. TORSE**

Trachée - Nombril

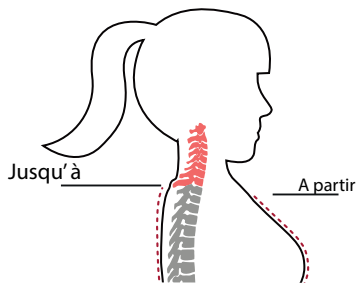
cm



**8. DOS + ENTREJAMBE + FACE**

7ème vertèbre - cou

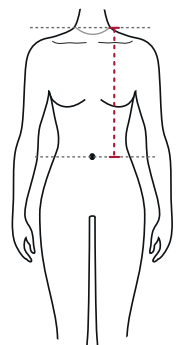
cm



**9. HAUTEUR DU TORSE**

Cou - Nombril

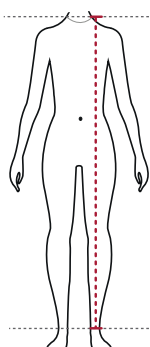
cm



**10. LONGUEUR TOTALE**

Cou - Cheville (maléole)

cm

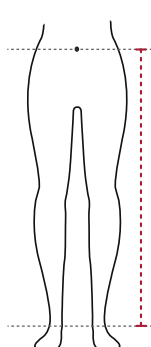


(+1 cm en dessous de la maléole)

**11. JAMBE**

Nombril - Cheville (maléole)

cm

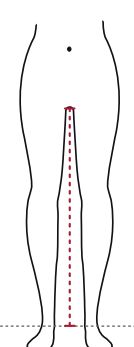


(+1 cm en dessous de la maléole)

**12. JAMBE INTERIEURE**

L'aîne - Cheville

cm



(+1 cm en dessous de la maléole)

**13. CONTOUR DE LA JAMBE**

Cuisse

cm

