**A picture containing clock

Description automatically generated**

**Use this sheet to record your measurements before you enter them on our** [**order form**](https://www.spearfishing.co.uk/polosub-custom-wetsuits/)**.**

**JACKETS**

|  |  |  |
| --- | --- | --- |
| Forehead circumference | **1** |  |
| **Neck circumference** | **2** |  |
| **Length centre forehead to neck base** | **3** |  |
| **Shoulder width across back** | **4** |  |
| **Chest circumference** | **5** |  |
| **Length neck base to coccyx** | **8** |  |
| **Biceps circumference** | **9** |  |
| **Elbow circumference** | **10** |  |
| **Forearm circumference** | **11** |  |
| **Wrist circumference** | **12** |  |
| **Length shoulder to wrist** | **13** |  |

**JACKET (WOMEN ONLY)**

|  |  |  |
| --- | --- | --- |
| **Circumference around bust** | **19** |  |
| **Length collarbone to corresponding maximum bust point** | **20** |  |

**PANTS**

|  |  |  |
| --- | --- | --- |
| **Thigh circumference (widest point)** | **14** |  |
| **Knee circumference** | **15** |  |
| **Calf circumference** | **16** |  |
| **Ankle circumference** | **17** |  |
| **Inside leg (top of leg to middle of ankle bone)** | **18** |  |
| **Foot size** | **21** |  |

**ALL ORDERS**

|  |  |  |
| --- | --- | --- |
| **Waist circumference** | **6** |  |
| **Hip circumference** | **7** |  |
| **Height** | **22** |  |

A picture containing small, blue, drawing, clock

Description automatically generatedA picture containing man

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