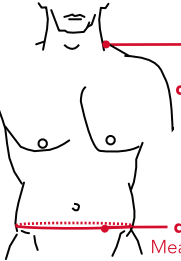


READ FIRST BEFORE YOU MEASURE



Every time you read the word **NECK BASE** you will measure at this same point, please mark a **dot** with a pen for reference
Measurements: (L, i)

Every time you read the word **HIPBONE** you will measure at this same point, please mark a **dot** with a pen for reference
Measurements: (HH, i, N, E, G)

HIPBONE level is almost parallel to your underwear waist line

