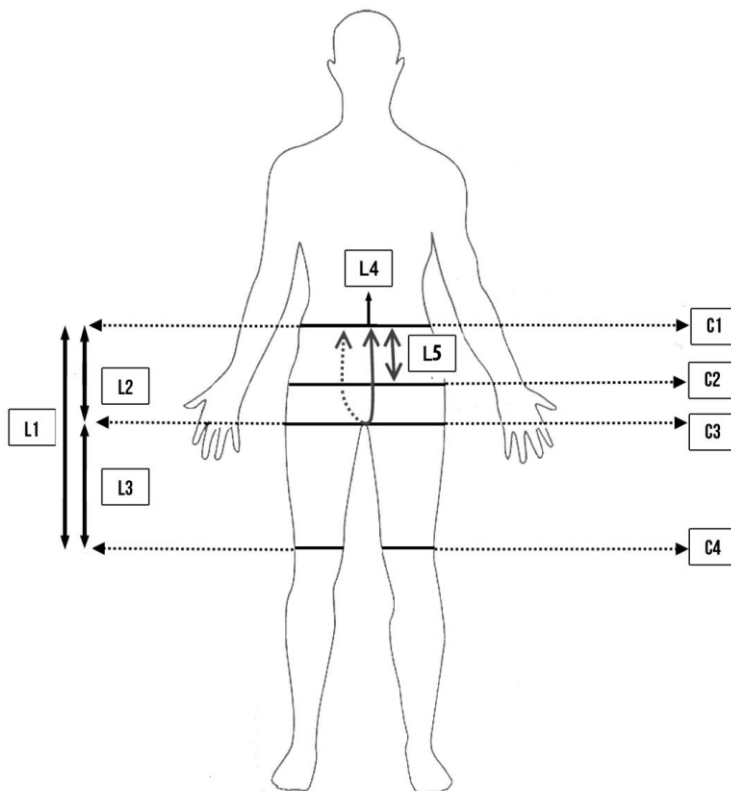


How to take measurements for the FES shorts

Name :
Height :
Weight:

The figure below shows the areas that need to be measured for the custom made FES shorts. The following page explains how these measurements need to be taken. **Take the measurements sitting because this will influence the final product.**

- Before starting you need
 - 3 pieces of ribbon, lace or elastic band
 - One tape- measure
- Make sure the tape-measure is smooth when you measure



Step 1

Position of the waistband:

- Place the first of the ribbons around your waist where the shorts would naturally fit.
- Make sure the ribbon is horizontal.
- Do not remove until all the measurements are taken.
- This will be the top of the shorts.

Step 2

Position of the hipband:

- Place another ribbon on the largest part of the hips.
- Make sure the ribbon is horizontal as much as possible. It will be near the fold of the legs and hips.
- Do not remove until all the measurements are taken.
- This will be the widest part of the shorts.

Step 3

Position of the left kneeband:

Name :

Height :

- Place another ribbon just above the **left** knee.
- Make sure the ribbon is horizontal.
- Do not remove until all the measurements are taken.
- this will be the cuff of the short.

Measuring:

Keep your measurement tape horizontally.

C1 Measure the circumference of the waist at the ribbon of step 1.

Measurement C1:

C2 Measure the circumference of your hips at the ribbon of step 2.

Measurement C2:

C3 Measure the circumference of the thigh. You should measure this as high up on the leg as possible.

Measurement C3:

C4 Measure the circumference above your knee at the ribbon of step 3.

Measurement C4:

L1 Length of short

Measure from the ribbon from step 1 to the lowest ribbon from step 3. Measure down at the side of the outside of the **left** leg over the outside of the hip and ribbon 3.

Measurement L1:

L2 Measure from the ribbon on the waist (step 1) to the crotch. You should take this measure on the center of the body.

Measurement L2:

L3 Measure from the crotch to the ribbon on the **left** knee (step 3). Make sure that this is measured on the inside of the **left** leg.

Measurement L3:

L4 Measure from the center back ribbon on the waist (step 1) down under the crotch and back up to the front of the ribbon on the waist (step 1).

Measurement L4:

L5 Measure the distance between the ribbon on the waist(step 1) and the ribbon on the hips (step 2). You should take this measure on the center of the body.

Measurement L5: