

ADRENALINE WEAR

GUIDE TO MEASUREMENTS



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End to end shoulder



From same end shoulder all way down the arm, take measure at elbow center





From elbow center to desired suit lenght

Summer



SUMMER SUIT: from end shoulder to desired sleeve lenght







Knee circumference

Calf circumference, widest part





Pinch the 0 between index and middle fingher, along the leg take measure at the center of the knee



Keep the legs quite close to each others, take measure from crotch to the floor





FOR mod. WIND, OPTION TUNNEL ANKLE ZIP CLOSING Take measure mid ankle bone

PLEASE WRITE MEASSURE ASIDE N INSEEM



Summer

SUMMER SUIT & PRO SHORTS: from crotch to desire lenght



SUMMER SUITS: In case you want to have a shorter one without the knee protection





Ankle circumference



Thigh circumference at crotch level





Hips circumference at widest part

Male



Waist circumference for MAN, at bottom belly level. Breath normally and keep a finger in between body and meter





Chest circumference at nipples level, keep a finger in between and breath normally



Chest circumference right below the armpit, keep a finger in between and breath normally



Female



Waist circumference for WOMAN, narrowest part. Breath normally and keep a finger in between body and meter



Raise your arm and take shoulder circumference, allow a finger in between





Bicept circumference at widest part with muscle relaxed



Forearm widest part





Wrist circumference

Measure the torso starting from the jugular notch, underneath the crotch and up the back to the bone at the base of the neck.

pierre

Make sure there is no free space between the tape and the body in the crotch area (don't pull either too much) and along the back.

If your measuring tape is not long enough, just continue from the point where you ended and add up both measurements.









Neck circumference at Adam's Apple level, keeping a finger inbetween

PRO Shorts



SHORTS & PANTS: Waist circumberence at belt level







Front to back rise

Take measure at belt level

In case of uncertainty please reach us out anytime.

