

X Spartan Primary School Range

How to measure guide

- 1. Body Height To measure height, it is easiest to do so against a door frame, without shoes. Measure from the top of the head to the soles of the feet.
- 2. Chest Place a tape measure loosely under the arms and around the fullest part of the chest
- 3. Waist Place a tape measure around the narrowest point between the bottom of the ribs and the top of the hip bone. Make sure the tape is straight and snug but doesn't compress the skin. Measure after breathing out.
- **4. Hips** Follow the same instructions for the waist measurement, but make sure the tape is around the fullest part of the hips.
- **5. Inside Leg** Pull the tape to very top of the inside leg. Let the tape measure fall down and measure to the ankle.
- 6. Leg Length Place the tape measure on the waist (see image) and let it fall to the floor.

GIRLS SIZE	2	4	6	8	10	12	14	S	M	L	XL	2XL
1.Height	98	108	120	130	140	150	160	165	165	170	170	175
2.Chest	57	60	64	68	73	77	83	88	90	93	97	100
3.Waist	54	56	58	60	62	64	66	69	72	75	79	83

BOYS SIZE	2	4	6	8	10	12	14	S	M	L	XL	2XL
1.Height	98	108	120	130	140	150	160	165	165	170	170	175
2.Chest	57	60	64	68	72	76	80	85	89	93	97	102
3.Waist	54	56	58	60	64	67	70	74	77	80	83	87



