



STRONGLITE MEASUREMENT GUIDE

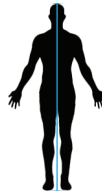
Print this guide to help you while measuring for your StrongLite container.
Wear the clothes you are likely to jump in.

Weight _____ kg



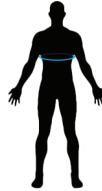
Get on a scale naked.

Height (WITHOUT Shoes) _____ cm



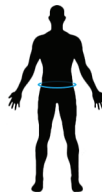
With SHOES OFF, from the top of your head to the bottom of your heel, standing against a wall with feet together.

Chest _____ cm



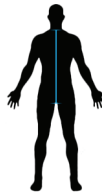
Around chest, at the nipples

Waist _____ cm



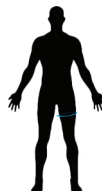
Around the middle of your belly (at the belly button).

Torso _____ cm



From the base of your neck to your squirrel nuts, or where they would be if you had them.

Leg Circumference _____ cm



Measure the circumference at the widest part of your thigh.