# Required Measurements for Correct Sizing

Measurements should be taken in stocking feet and with obstructive clothing. We recommend you take each measurement two to three times and average your results for accuracy.

Age: _____ **Gender**: _____ **Weight**: _____

Height (A) _____ Stand in stocking feet on a hard floor, with your back flat against a wall or door. Your feet should be about 6" (15cm) apart. Measure from the floor to the top of your head.

True Inseam (C) _____ Remain in the same position as for the height measurement. Position a hardback book, about an inch wide, between your legs with the binding facing up and the edge flat against the wall behind you. The pressure should approximate saddle pressure when seated on a bike. Have your assistant measure from the floor to the top of the book.
IMPORTANT: This is different from your pants inseam! Pants inseam numbers can be 1-3" less than your true inseam.
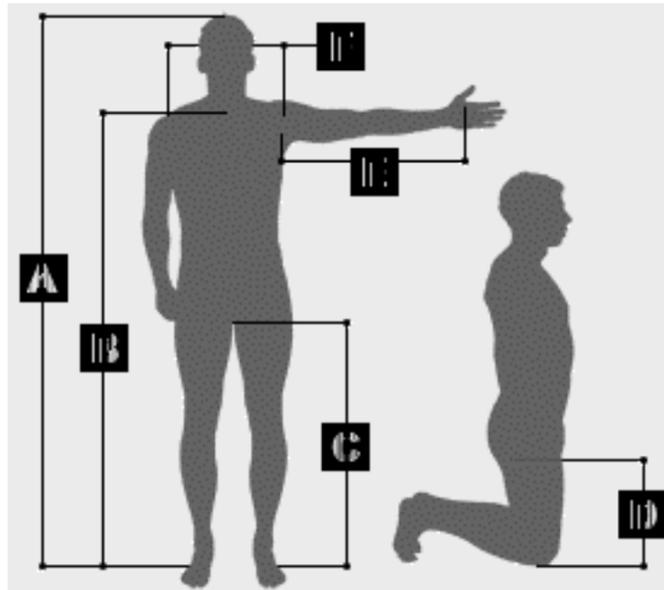
Torso Length (B) _____ Holding your position from the inseam measurement, with the book in place, measure from the top of the book to your sternal notch. Your sternal notch is the bony depression at the base of the neck.

Upper Leg Length (D) _____ Kneel, facing the wall. Place the book between your legs again with the binding facing up and the edge flat against the wall in front of you, similar to when you measured your true inseam. Have your assistant measure from the floor to the top of the book.

Shoulder Width (F) _____ With your chest still flat against the wall, slide a book under each arm and pull them up into your armpits. The edge of each book should be flat against wall in front of you. Measure the inside distance between the book/s.

Arm Length (E) _____ Holding a pencil in your fist, stretch your arm out to its full extension, level and parallel to the floor. Measure from the center of the pencil to the bones at the top of your rib cage.

Weight _____ Use an accurate scale and weigh yourself multiple times to get an average.

Flexibility _____ Please indicate your flexibility from Level 1 to Level 5.

Level 1 (Can't Smile)
Level 2
Level 3 (Average)
Level 4
Level 5 (Yoga Instructor)

Shoe Size: _____ **Shoe Brand:** _____