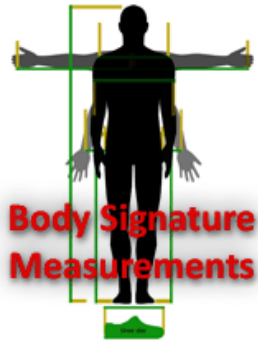
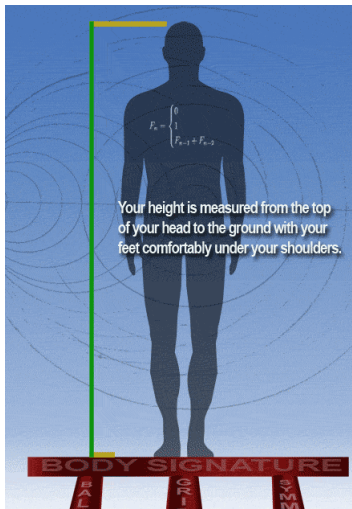


# Body Signature Measurement and Information Instructions



The following is an explanation and instruction for each required measurement and personal information. On the last few page of this document is a copy of the form you will find online and some tools to help you. Use this worksheet and fill out the form completely, then go online to enter the information into our system. Submit the information and purchase what you need for your sport of choice.

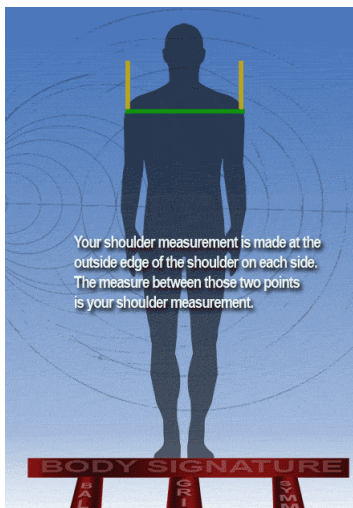
You will need: a yardstick and/or metal tape measure for the following steps.



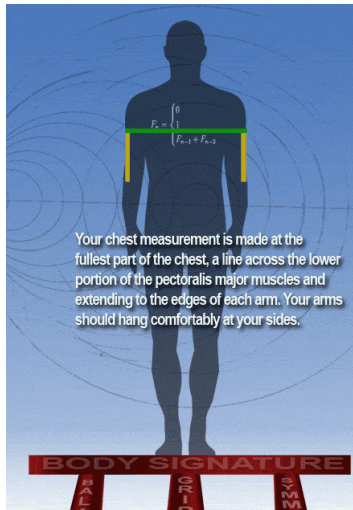
**Height:** Your height is measured from the top of your head to the ground with your feet comfortably under your shoulders. Measure without shoes.

**Weight:** Measure your weight in pounds.

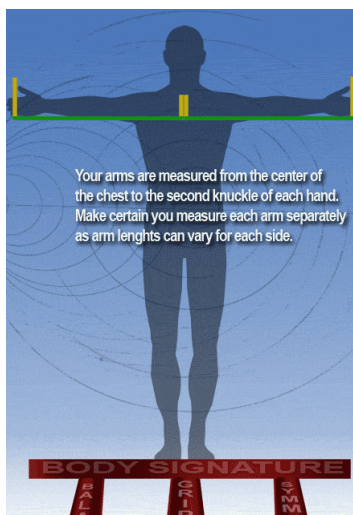
**Shoe Size:** Measure half sizes as decimal as: 8.5



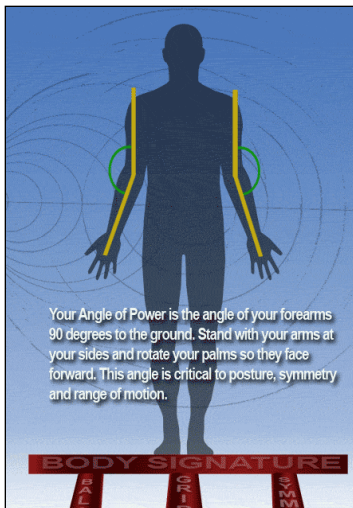
**Shoulders:** Your shoulder measurement is made at the outside edge of the shoulder on each side. The measure between those two points is your shoulder measurement. Use a yardstick and have a friend help you. Smooth your clothing down against your shoulder for accuracy.



**Chest:** Your chest measurement is made at the fullest part of the chest, a line across the lower portion of the pectoralis-major muscles and extending to the edges of each arm. Your arms should hang totally relaxed at your sides. Use a yardstick and have a friend help you. Smooth your clothing against your arms for accuracy.



**Arm length (Left and Right):** Your arms are measured from the center of the chest (shirt button-line) to the second knuckle of each hand. Make certain you measure each arm separately as arm lengths can vary for each side.

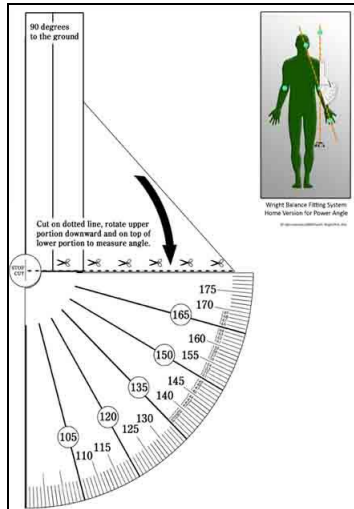


**Angle of Power** is the angle of your forearms 90 degrees to the ground. Stand with your arms at your sides, feet together, and rotate your palms so they face forward. This angle is critical to posture, symmetry and range of motion.

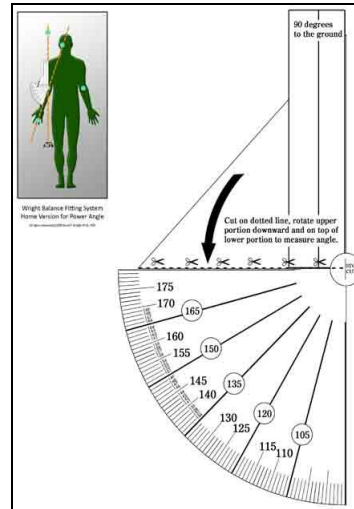
What you will need for this step:

1. The Protractor Tool in the Tools folder.
2. Tape, string, paper clip, scissors and a level (optional).
3. A full length mirror OR
4. A helpful friend.

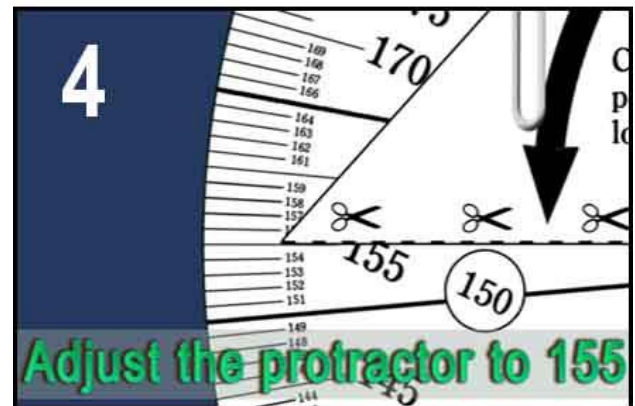
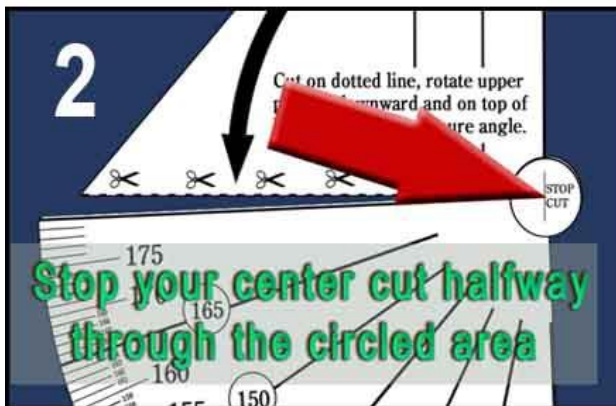
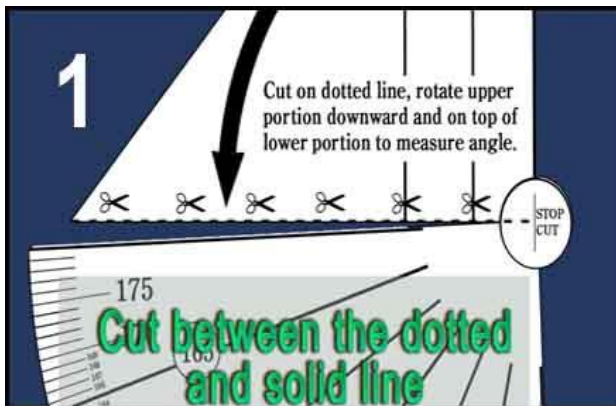
Cut out the Protractor Tool. First, cut around the border and then cut between the dotted and solid line to partially separate the upper and lower halves. BE CAREFUL not to cut the tool completely in half. Stop your center cut halfway through the circled area on the Left or right side of the tool. The small uncut area will be used as a hinge. Use a paper clip across the opposite side to support the two halves.

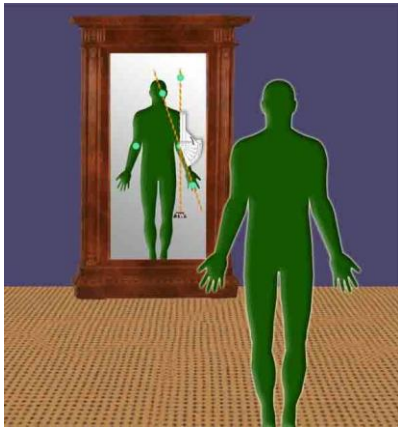


Left Arm



Right Arm



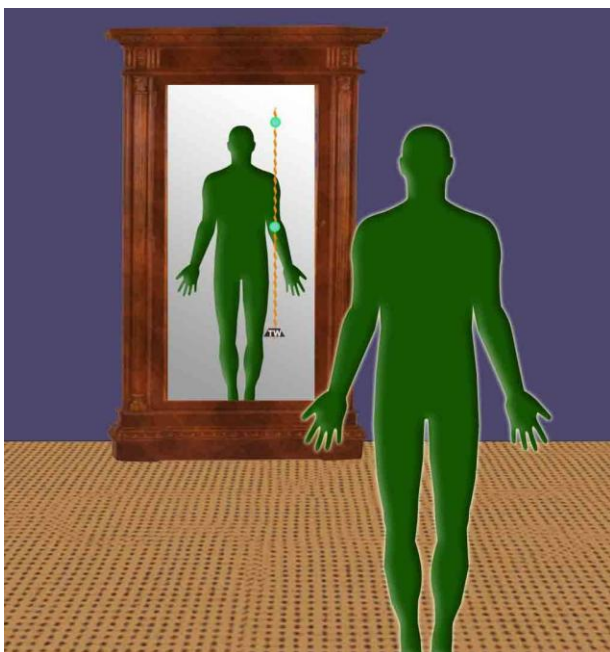


The “Tape-String-Mirror” Method: The objective is to attach a “plumb line” string to a mirror to establish a line 90 degrees to the ground. Attach a second string line that reflects the angle of your forearm, then measure the angle with the Protractor tool.



Take a string and attach a weight (quarters, fishing weights, a bolt nut or washers work well) to one end with tape.

Tape the un-weighted end of the string to the top of the mirror. The weight will pull the string straight down and form a 90 degree angle to the ground.



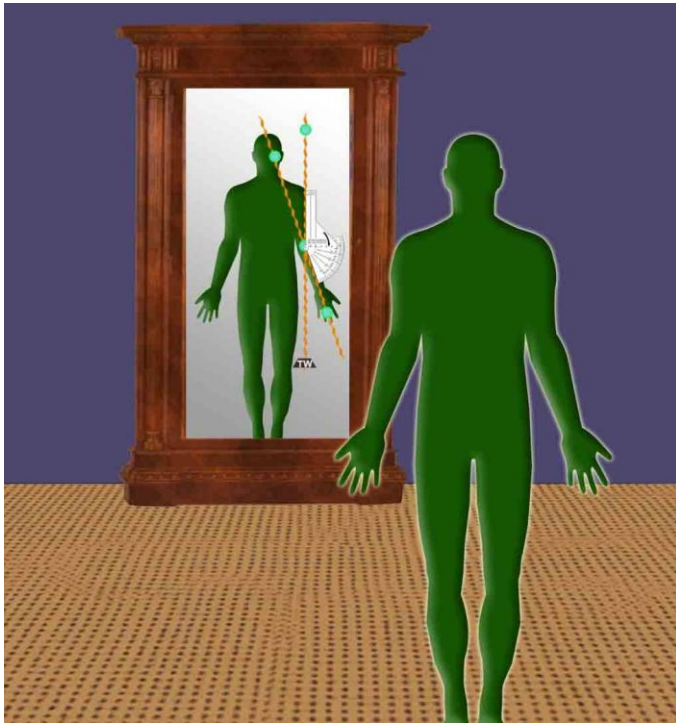
Rotate your palms forward. Do not or restrict your upper arms by keeping them tight to your rib cage. We want the result of a relaxed position with your palms facing forward.

Do not rotate your head or shoulders and inadvertently raise your arms into the air. Do not look to the right or left as your forearm measurement is being done as that will change your angles.

Do stand tall facing straight ahead and totally relaxed as you rotate your palms facing forward. Do relax your upper arms and shoulders as much as you can before and after you rotate your palms facing forward.

Practice to find the motion that reflects the Natural, relaxed angle of your elbow joint (arms relaxed and hanging).

Stand in front of the mirror and mark with a piece of tape where your elbow joint intersects with the hanging string.

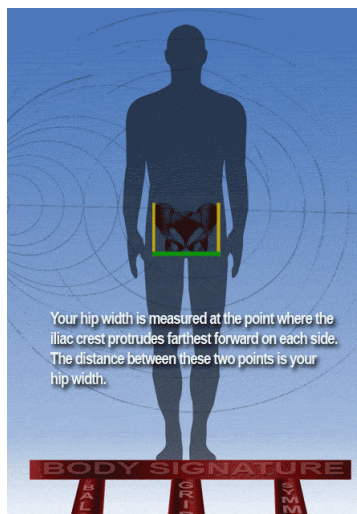
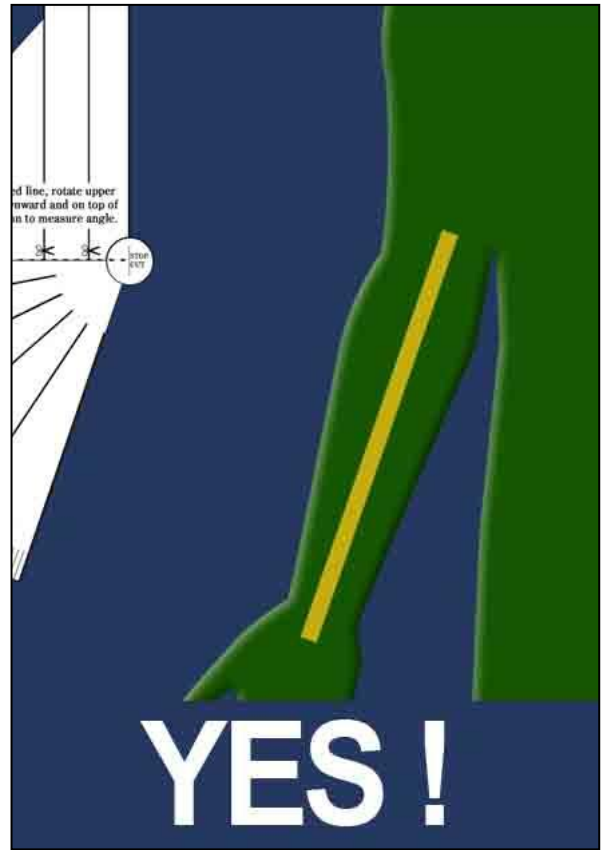
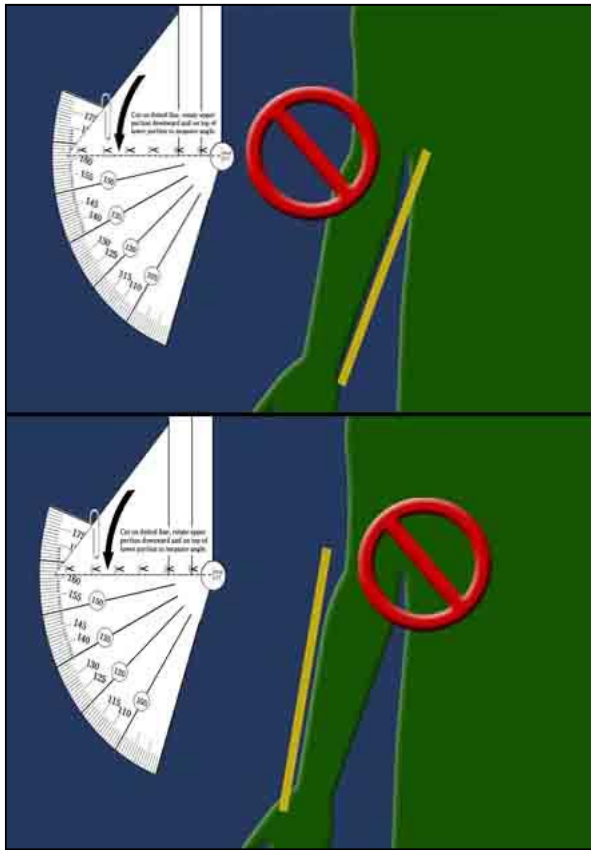


Take a second string and attach it with a piece of tape over the first piece of tape that is marking your elbow intersection. Take that second string and approximate the angle of your forearm. Then stand in front of the mirror and adjust the string until it reflects your EXACT angle.

Measure your angle with the protractor tool. **Repeat this for each arm.**

BE ACCURATE. Check your angle a couple of times until you feel your results are consistent. One degree of difference matters and two degrees is significant!

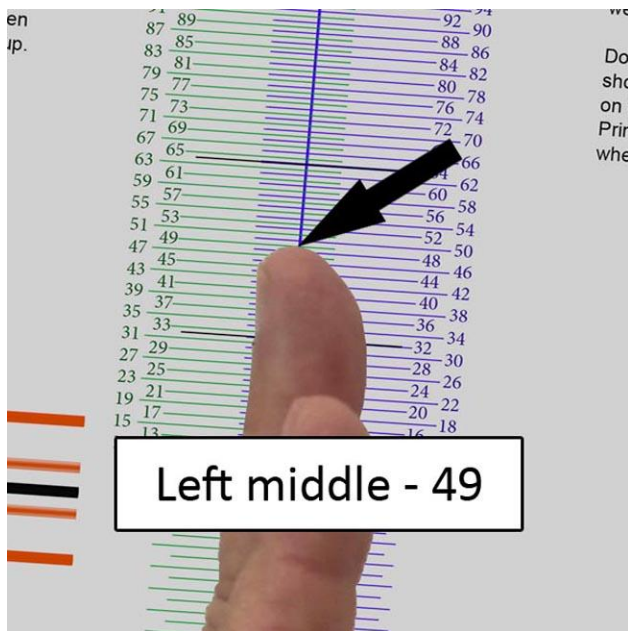
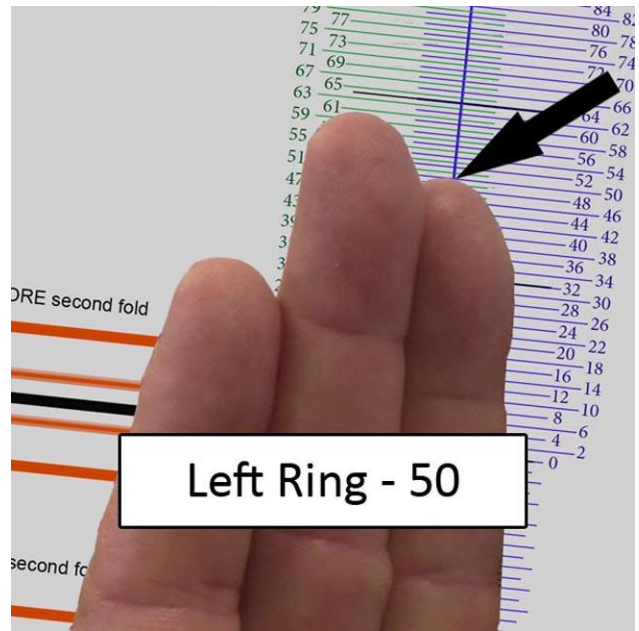
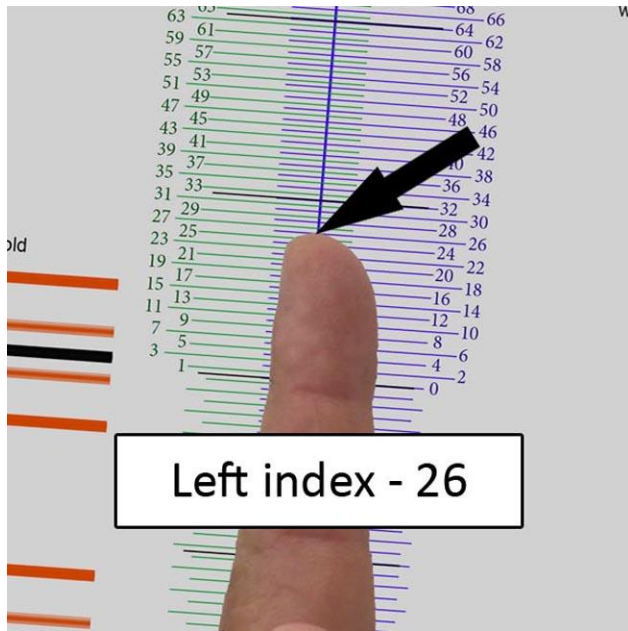
Do's and Don'ts: Do run the string line between your middle and ring fingers through the center of your wrist to the center of your elbow joint.



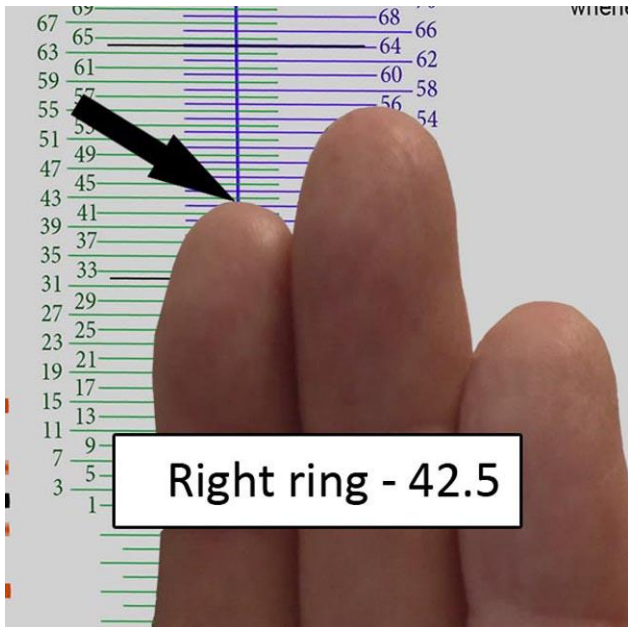
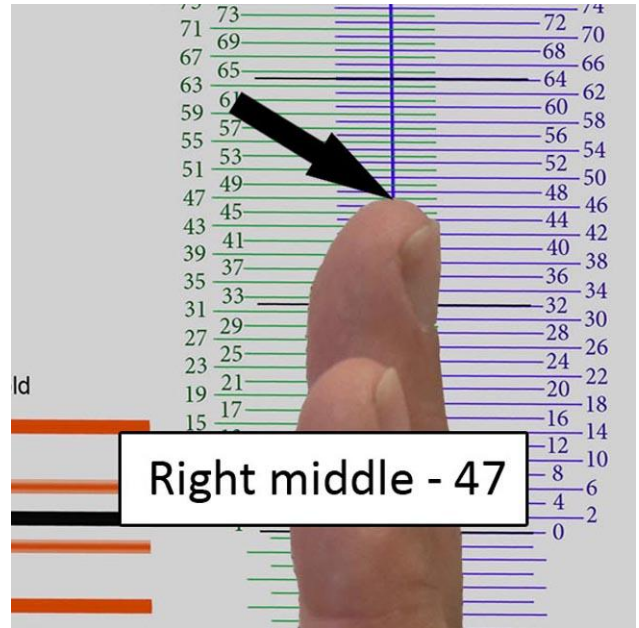
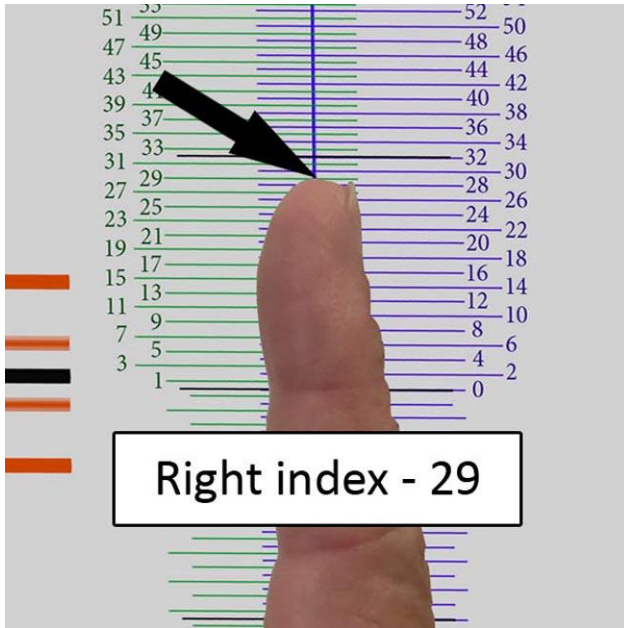
**Hip Width:** Your hip width is measured at the point where the iliac crest protrudes farthest forward on each side. The distance between these two points is your hip width.



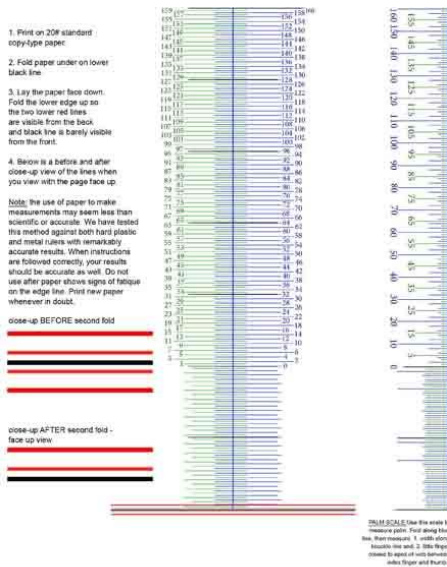
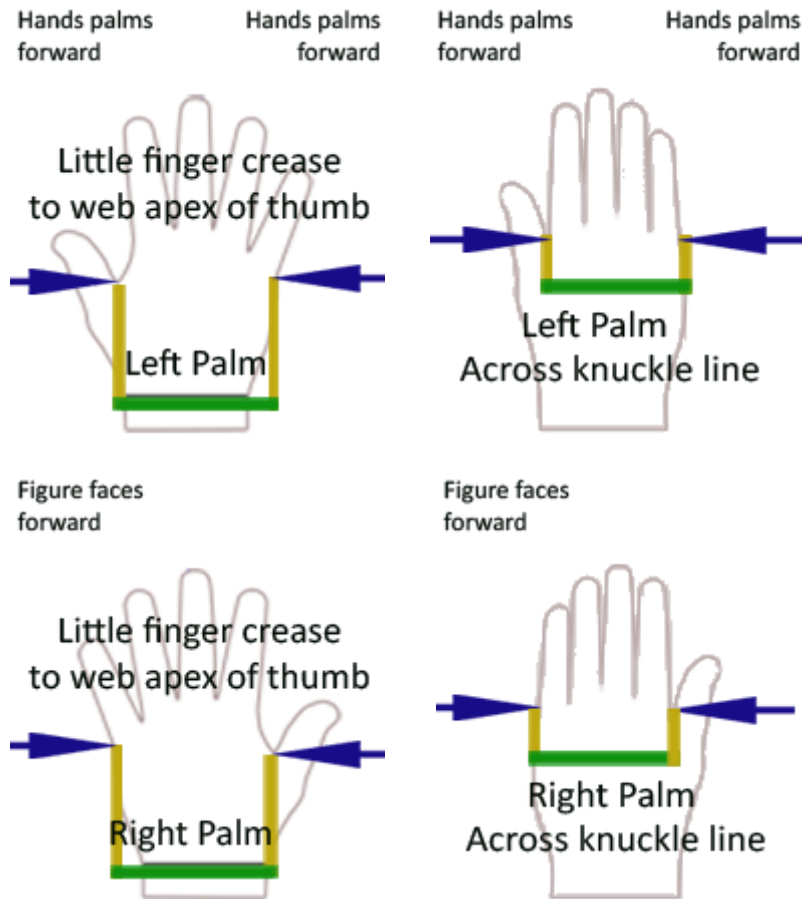




The ring finger will often measure longer than the middle finger. This is because the web between the ring and little finger is much lower on the hand between the middle and ring finger. Palm measurements: 2 places on the palm are measured. One is measured from the crease of the little finger to the apex of the webbing of the thumb. The second measurement is the knuckle line on the palm with the fingers straight and touching each other.



**Palm measurements:** 2 places on the palm are measured. One is measured from the crease of the little finger to the apex of the webbing of the thumb. The second measurement is the knuckle line on the palm with the fingers straight and touching each other.



Use the scale on the right edge of the Hand measurement tool to measure the palms.

Black line from Step 2. - Fold under on this line so line is visible only on the edge.

