



# **TECH VISION 2024**

## **AUTO SUIT**

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# **M2M MEASUREMENT INSTRUCTION MANUAL**

## //// GUIDELINES

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Read all instructions carefully before proceeding.

Alpinestars takes no responsibility for incorrect measurements or measurements not legibly written.

Write all measurements legibly in the measurement form.

For accurate measuring have the measurements taken by someone else.

Position the elastic band on the navel and use it as reference for the other measurements to be taken.

Measure carefully and twice to ensure accuracy.

Take all measurements in centimeters (cm).

Measurements should be taken wearing underwear.

Weight should be taken without clothing and height without shoes.

## //// INSTRUCTIONS

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Use only the measuring tape included in the Alpinestars Made-To-Measure Kit.

Before beginning to measure, follow the directions overleaf for placement of the elastic band.

Measurements should be taken wearing underwear.

Remember to always use the middle point of the elastic band as your points of reference.

## //// MEASUREMENT POINTS

IMPORTANT - To ensure accurate measurement it is important to install the elastic band correctly.

- Waist elastic band: Fix around waist so that elastic band covers belly button.
- Nape of neck is located near the largest protrusion of the neck vertebrae (T5).
- Base of neck is located at the hollow where the collar bones meet the sternum.
- Crotch is located at the point where the seams intersect on a pair of jeans.
- Knee centers are the points of rotation on either side of the knee joint.



**MEASURE TWICE TO ENSURE ACCURACY**



**WHILE TAKING MEASUREMENTS,  
MAKE SURE THE ELASTIC BAND DOES NOT MOVE.**



**REMEMBER TO USE THE MIDDLE LINE OF THE ELASTIC BAND  
AS YOUR POINT OF REFERENCE.**



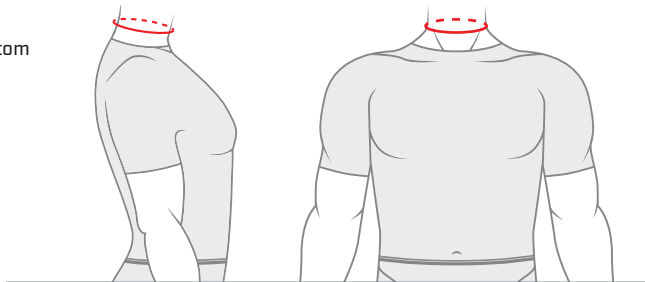
**PLEASE SPECIFY ANY VARIATIONS IN LEG OR  
ARM LENGTH IN THE NOTES SECTION.**

MEASURES DESCRIPTIONS - Please refer to diagrams for exact points of measurement. Before commencing measurements, place the elastic band around your waist at the navel to form the reference point from which measurements are taken.

Always use the elastic band included in the Made-To-Measure Kit.

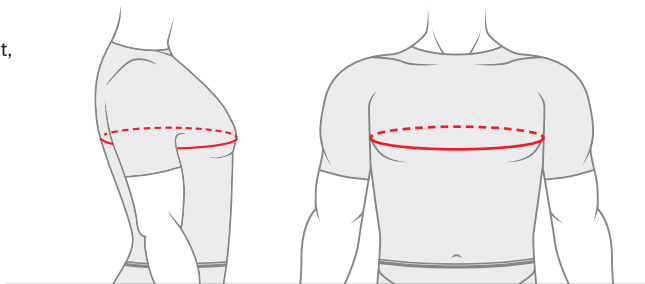
#### //// 1. NECK CIRCUMFERENCE AT COLLAR

Neck circumference at the bottom of the neck.



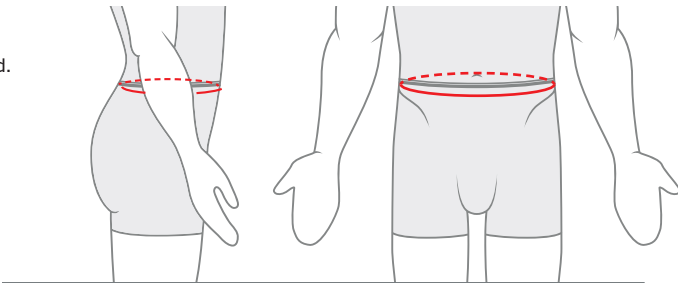
#### //// 2. CHEST CIRCUMFERENCE

Measure around the fullest part, under the armpits, comprising pectorals; make sure rider is standing upright.



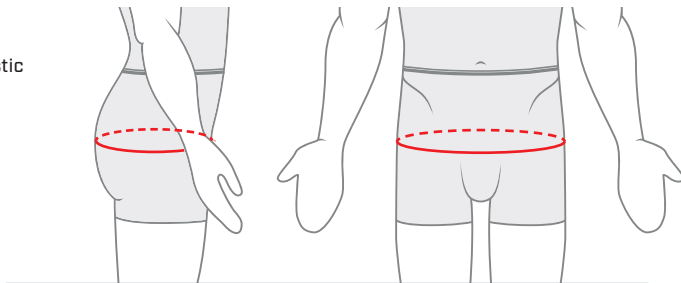
#### //// 3. WAIST CIRCUMFERENCE

Above the iliac bone, measure along center line of elastic band.



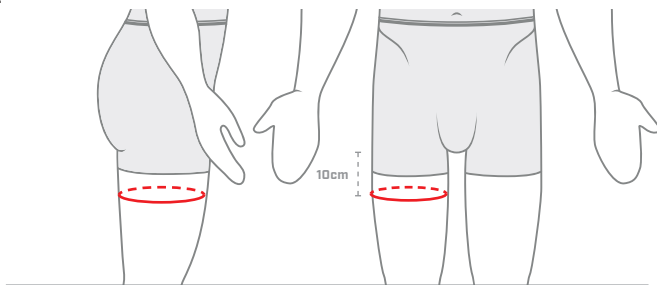
#### //// 4. HIP CIRCUMFERENCE

Measure along largest part of hips (approx. 20cm below elastic band).



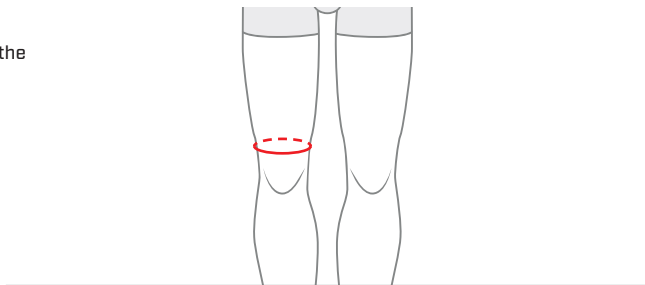
## //// 5. THIGH CIRCUMFERENCE

Measure 10 cm down from crotch.



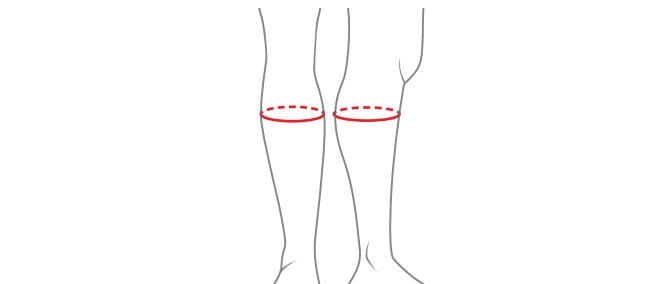
## //// 6. KNEE CIRCUMFERENCE

Measure above knee at end of the quadricep.



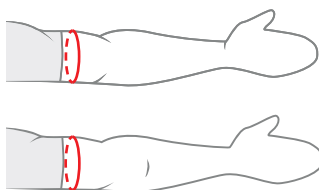
## //// 7. CALF CIRCUMFERENCE

Measure at largest point.



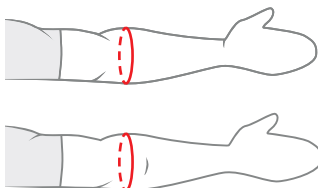
## //// 8. BICEP CIRCUMFERENCE

Measure at broadest point; the muscle must be taut.



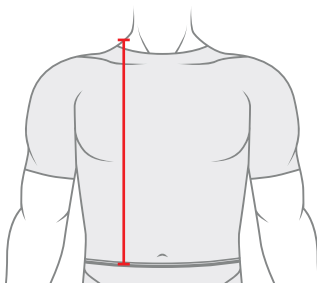
## //// 9. FOREARM CIRCUMFERENCE

Measure at broadest point.



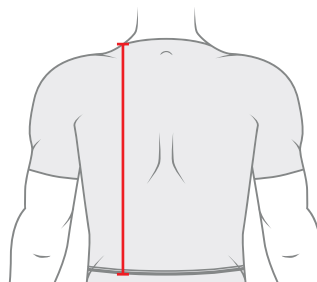
## //// 10. SHOULDER TO WAIST FRONT

Measure from base of neck on shoulder to center line of elastic band,



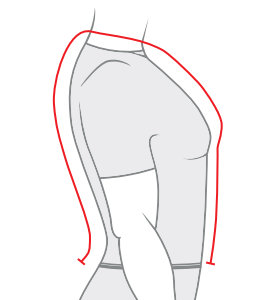
## //// 11. SHOULDER TO WAIST REAR

Measure from base of neck on shoulder to center line of elastic band,



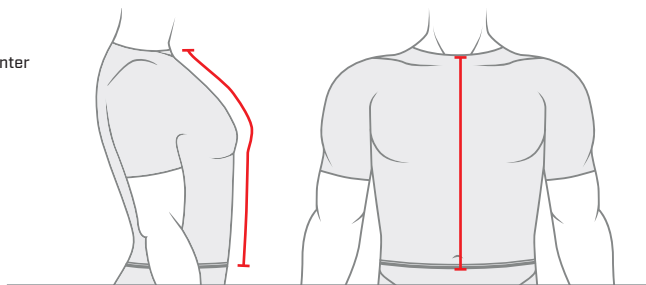
## //// 12. FRONT WAIST TO BACK WAIST

Measure on higher shoulder point.



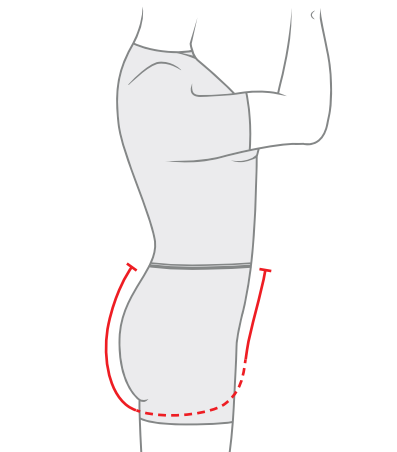
### //// 13. NECK TO FRONT WAIST

Measure from neck base to front center line of elastic band.



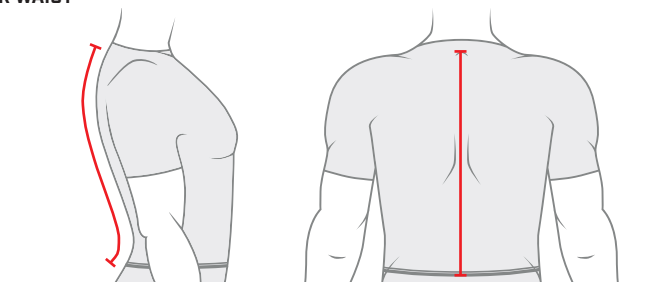
### //// 14. FRONT WAIST TO REAR WAIST

Measure from front center line of elastic band, under the crotch to rear center line of elastic band.



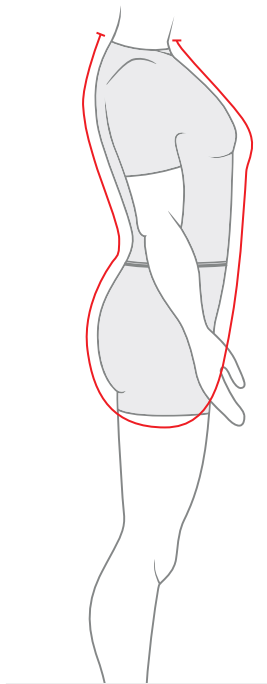
### //// 15. NAPE OF NECK TO REAR WAIST

Measure from nape of neck to center line of elastic band.



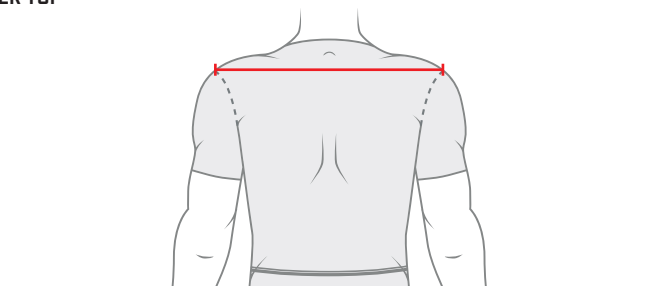
## //// 16. TOTAL TORSO LENGTH

Measure from nape of front neck to nape of back neck.



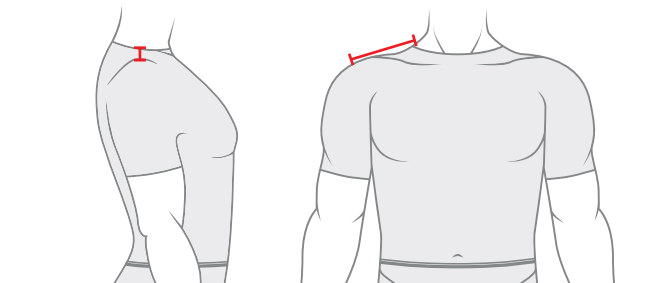
## //// 17. SHOULDER TO SHOULDER TOP

Measure between the most extreme point of the clavicles (where the bones protrude).



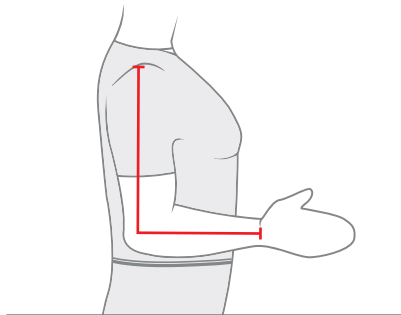
## //// 18. SHOULDER LENGTH

Measure from base of neck to shoulder bone.



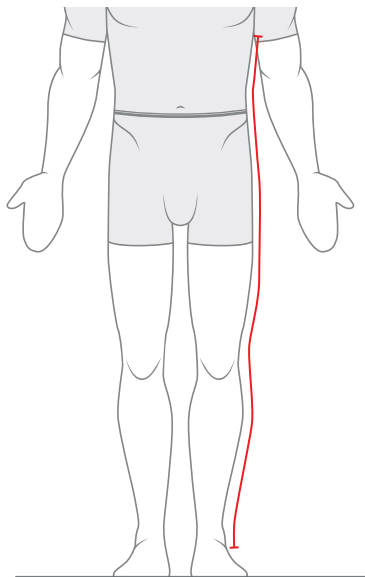
### //// 19. SHOULDER TO WRIST

Measure in seated position with arm bent 90° starting from shoulder bone down to the elbow; from elbow to wrist.



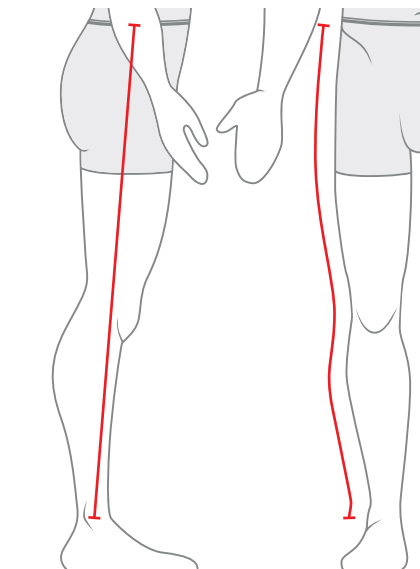
### //// 20. SIDE LENGTH

Measure from armhole to ankle.



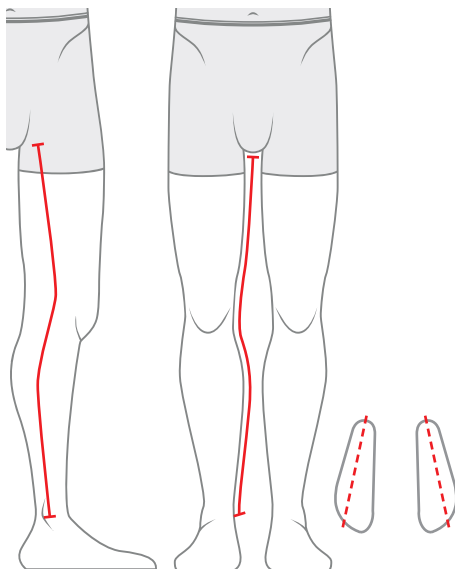
### //// 21. OUTERSEAM FROM WAIST

Measure from center line of elastic band to ankle.



### //// 22. CROTCH TO ANKLE

Measure along inner side of leg to the ankle.







FIA Standard 8856-2018  
XXX  
alpinestars  
Not valid after: 2033



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