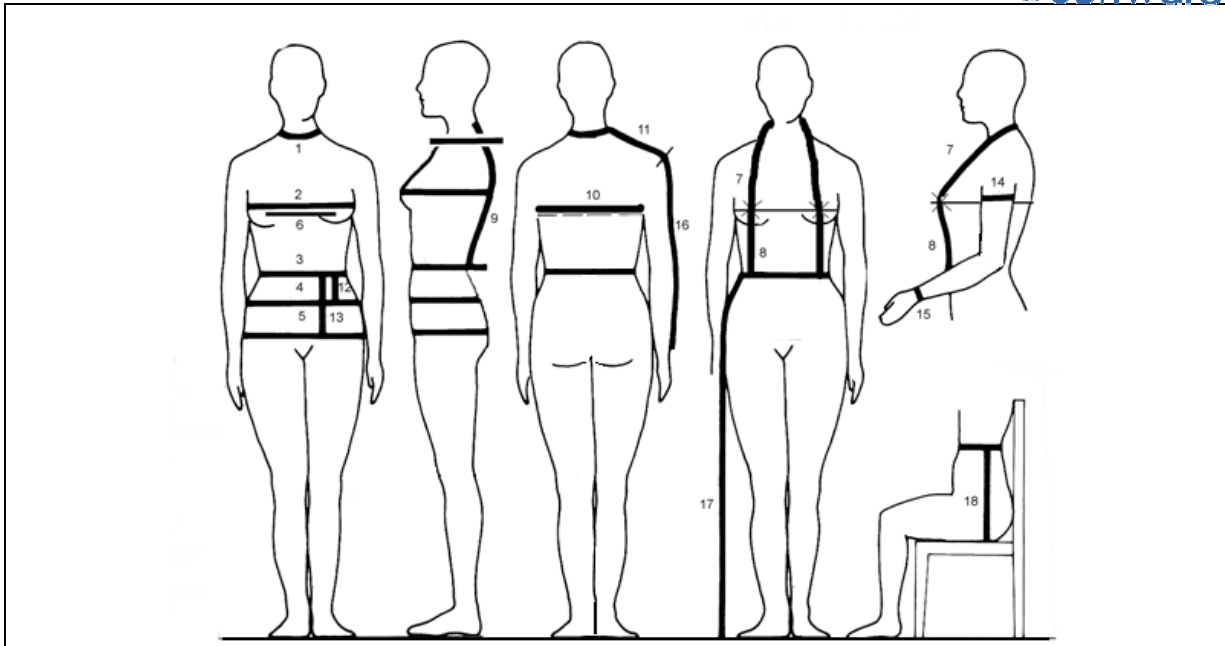


# Measure instructions Leena for Women

Basic Measurtable: Leena\_default\_women.mmt



Don't try to take the measurements yourself. Ask someone else to take them.  
 Stand straight (keep head straight) but relaxed when you are being measured. You will receive the best results if the measurements are taken over underwear.  
 You need 4 1-inch wide elastic bands. Place the elastic bands horizontal around your waist, belly, hips and busts. Search carefully for the correct places of these elastic bands. Keep these elastic bands on their places during the whole measuring process.  
 Measurements are taken from or to the bottoms of the bands.  
 Most measurements are body measurements. **DO NOT ADD ANY EASE** to the measurements. The program does it for you.  
**BE ESPECIALLY CAREFUL WHEN TAKING THE MEASUREMENTS WRITTEN IN RED.**  
 They are crucial for good fitting patterns.  
 You can use either centimeters or inches. Give inches in fractions.

<b>1. Neck circumference</b>	<b>10. Back width</b>
<b>2. Bust circumference</b>	<b>11. Shoulderlength</b>
<b>3. Waist circumference</b>	<b>12. Waist - Abdomen</b>
<b>4. Abdomen circumference</b>	<b>13. Waist - Hip</b>
<b>5. Hip circumference</b>	<b>14. Biceps circumference</b>
<b>6. Bust span</b>	<b>15. Wrist circumference</b>
<b>7. Bust height</b>	<b>16. Overarm length</b>
<b>8. Waist height</b>	<b>17. Outside seam</b>
<b>9. Back length</b>	<b>18. Crotch height</b>

### CREATING A MEASURE TABLE in PatternMaker

Open PatternMaker and select empty page. Go to the Settings menu and select Create table.  
 Select the desired Measure Table template, here: Leena\_default\_women.mmt  
 Fill in your measurements and do not use a comma in a number but a period (e.g. 41.2).  
 Save your table with the Save button.

## Measure instructions Leena\_default\_women

MEASURE	DESCRIPTION
<b>1. Neck circumference</b>	Measure around lowest part of neck. at the base
<b>2. Bust circumference</b>	Marked with elastic. Measure around the fullest part of the bust. keeping the tape high at the back
<b>3. Waist circumference</b>	Measure waist at the elastic tape
<b>4. Abdomen circumference</b>	Measured on the level where abdomen circumference is maximum
<b>5. Hip circumference</b>	Measured over the largest part of your bottom/thighs (at elastic).
<b>6. Bust span</b>	Horizontal distance between bust apexes (also called bust bridge). Measured along bust elastic.
<b>7. Bust height</b>	Measure from the apex of one breast over shoulder. center of back neck over shoulder to apex of the other breast. Divide the result by 2.
<b>8. Waist height</b>	(same as bust height but to waist) Measure from waist elastic over breast around center of back neck to other breast apex and vertically to lower edge of waist elastic. Divide the result by 2.
<b>9. Back length</b>	Measure from center of back neck to lower edge of waist elastic
<b>10. Back width</b>	Hang your arms relaxed on your sides. The measurement is taken horizontally between shoulder blades from and to the point where your arm meets your body (but not to armpit) about 4" (10 cms) from neck downwards.
<b>11. Shoulder length</b>	Measure from neck to shoulder tip. Shoulder tip is found when you raise your arm to horizontal position and feel where there is hollow/pit between shoulder and arm bones. Hold your arm horizontal. if necessary. to find this point.
<b>12. Waist - Abdomen</b>	Measure vertically from lower edge of waist elastic to lower edge of abdomen elastic. Measure at front center.
<b>13. Waist - Hip</b>	Measure vertically from lower edge of waist elastic to lower edge of hip elastic. Measure at the side.
<b>14. Biceps circumference</b>	Measure at widest point of upper arm.
<b>15. Wrist circumference</b>	Measure over wrist bone
<b>16. Overarm length</b>	Arm length from shoulder tip (as described above) to wrist. Bend arm slightly and measure over outside of elbow.
<b>17. Outside seam</b>	Measure from waist over the outside curvature of the hip to the desired cuff length.
<b>18. Crotch height</b>	Sit on <i>unpadded</i> chair. Measure vertically from waist elastic to chair level on both sides. and use the longer measurement. Measure in a straight line. not along the outside hip curve. (Crotch depth can also be measured from a pair of well fitting pants). Crotch depth is the difference between outside and inside length of pants.
<p><b>Posture difference</b>            See for more information about a possible posture difference in the menu <b>Help\Manuals\Leena : Leena_Posture_difference.pdf</b>            You will find also an Excel sheet <b>Leena_Posture_difference_measureform.xls</b> to calculate the posture difference.</p>	



## MEASURE FORM Leena Women

Basic measure table: Leena\_default\_women.mmt

Name: Date:	KG:	Own measures	Standard size	Difference	Fill in
Body length					
Neck circumference					
*Bust circumference <i>(determines standard size)</i>					
Waist circumference					
Abdomen circumference					
Hip circumference					
Bust span					
Bust height					
<b>Waist height</b>					
<b>Back length</b>					
* <b>Default difference</b> <i>(waist height minus back length)</i>					
<b>Back width</b>					
Shoulder length					
Waist - Abdomen					
Waist - Hip					
Biceps circumference					
Wrist circumference					
Overarm length					
Outside seam					
<b>Crotch height</b>					

Divide the number in the **yellow** box by 2 = .....

Divide the outcome over waist height and back length in the **green** boxes .  
the default difference will be the same as the standard size.

### Posture difference

See for more information about a possible posture difference in the menu **Help\Manuals\Leena**  
: Leena\_Posture\_difference.pdf  
You will find also an Excel sheet Leena\_Posture\_difference\_measureform.xls to calculate the posture difference.

**STANDARD SCANDINAVIAN SIZES LEENA Height 164-172 cm**

Measure in CM	C32	C34	C36	C38	C40	C42	C44	C46	C48	C50	C52	C54
Neck circumference	35.5	36.3	37	37.8	38.5	39.3	40	40.8	41.5	42.3	43	43.8
<b>Bust circumference</b>	<b>76</b>	<b>80</b>	<b>84</b>	<b>88</b>	<b>92</b>	<b>96</b>	<b>100</b>	<b>104</b>	<b>110</b>	<b>116</b>	<b>122</b>	<b>128</b>
Waist circumference	61	64	67	70	74	78	82	86	91	97	103	109
Abdomen circumf.	80	83	86	89	92	95	99	103	108	113	118	124
Hip circumference	87	90	93	96	99	102	106	110	115	120	125	130
Bustspan	15.2	16	16.8	17.6	18.4	19.2	20	20.8	22	23.2	24.4	25.6
Bust height	31.8	32.8	33.8	34.8	35.8	36.8	37.8	38.8	40.2	41.6	43	44.4
<b>Waist height</b>	<b>49.4</b>	<b>50.2</b>	<b>51</b>	<b>51.8</b>	<b>52.6</b>	<b>53.4</b>	<b>54.2</b>	<b>55</b>	<b>56</b>	<b>57</b>	<b>58</b>	<b>59</b>
<b>Back length</b>	<b>40.3</b>	<b>40.5</b>	<b>40.7</b>	<b>40.9</b>	<b>41.1</b>	<b>41.3</b>	<b>41.5</b>	<b>41.7</b>	<b>41.9</b>	<b>42.1</b>	<b>42.3</b>	<b>42.5</b>
Back width	33.2	34	34.8	35.6	36.6	37.6	38.6	39.6	40.8	42	43.2	44.4
Shoulder length	12.5	12.7	12.9	13.1	13.3	13.5	13.7	13.9	14.1	14.3	14.5	14.7
Abdomen height	9	9	9	9	9	9	9	9	9	9	9	9
Hip height	19	19	19	19	19	19	19	19	19	19	19	19
Biceps circumference	25	26	27	28	29	30	31	32	33.5	35	36.5	38
Wrist circumference	59.4	59.6	59.8	60	60.2	60.4	60.6	60.8	61	61.2	61.4	61.6
Arm length	16	16.5	17	17.5	18	18.5	19	19.5	20	20.5	21	21.5
Crotch height	25	25.5	26	26.5	27	27.5	28	28.5	29	29.5	30	30.5

**STANDARD SCANDINAVIAN SIZES LEENA Height 61.6-64.6"**

Measure in INCHES	C32	C34	C36	C38	C40	C42	C44	C46	C48	C50	C52	C54
Neck circumference	14	14.3	14.6	14.9	15.2	15.5	15.7	16	16.3	16.6	16.9	17.2
<b>Bust circumference</b>	<b>29.9</b>	<b>31.5</b>	<b>33.1</b>	<b>34.6</b>	<b>36.2</b>	<b>37.8</b>	<b>39.4</b>	<b>40.9</b>	<b>43.3</b>	<b>45.7</b>	<b>48</b>	<b>50.4</b>
Waist circumference	24	25.2	26.4	27.6	29.1	30.7	32.3	33.9	35.8	38.2	40.6	42.9
Abdomen circumf.	31.5	32.7	33.9	35	36.2	37.4	39	40.6	42.5	44.5	46.5	48.8
Hip circumference	34.3	35.4	36.6	37.8	39	40.2	41.7	43.3	45.3	47.2	49.2	51.2
Bustspan	6	6.3	6.6	6.9	7.2	7.5	7.8	8.1	8.6	9.1	9.6	10.1
<b>Bust height</b>	<b>12.5</b>	<b>12.9</b>	<b>13.3</b>	<b>13.7</b>	<b>14.1</b>	<b>14.5</b>	<b>14.9</b>	<b>15.3</b>	<b>15.8</b>	<b>16.4</b>	<b>16.9</b>	<b>17.5</b>
<b>Waist height</b>	<b>19.4</b>	<b>19.8</b>	<b>20.1</b>	<b>20.4</b>	<b>20.7</b>	<b>21</b>	<b>21.3</b>	<b>21.7</b>	<b>22</b>	<b>22.4</b>	<b>22.8</b>	<b>23.2</b>
Back length	15.9	15.9	16	16.1	16.2	16.3	16.3	16.4	16.5	16.6	16.7	16.7
Back width	13.1	13.4	13.7	14	14.4	14.8	15.2	15.6	16.1	16.5	17	17.5
Shoulder length	4.9	5	5.1	5.2	5.2	5.3	5.4	5.5	5.6	5.7	5.7	5.8
Abdomen height	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5
Hip height	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5
Biceps circumference	9.8	10.2	10.6	11	11.4	11.8	12.2	12.6	13.2	13.8	14.4	15
Wrist circumference	6.3	6.5	6.7	6.9	7.1	7.3	7.5	7.7	7.9	8.1	8.3	8.5
Arm length	23.4	23.5	23.5	23.6	23.7	23.8	23.9	23.9	24	24.1	24.2	24.3
Crotch height	9.8	10	10.2	10.4	10.6	10.8	11	11.2	11.4	11.6	11.8	12