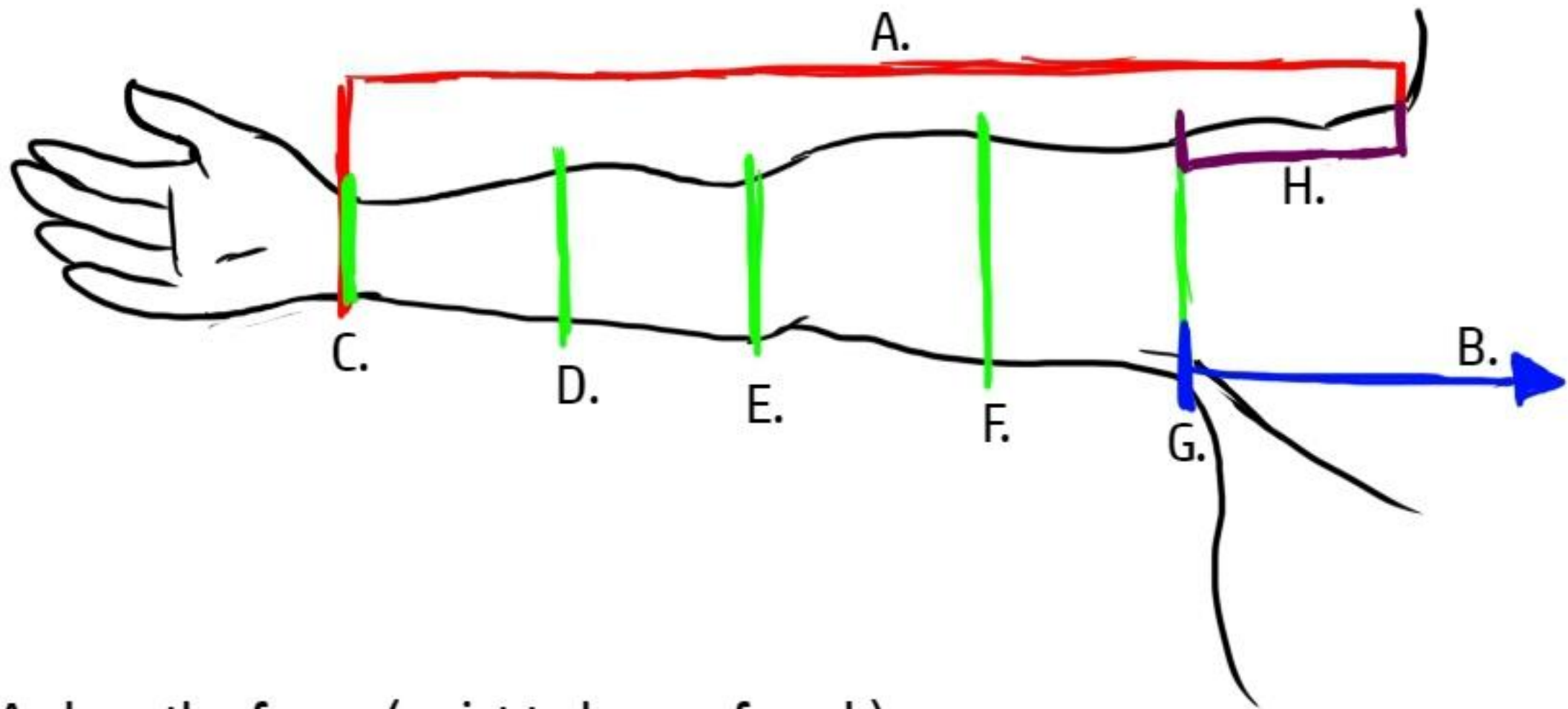


ARM MEASUREMENTS

This requires two people for accurate measurement



A : length of arm (wrist to base of neck)

B : width of chest

C : circumference of wrist

D : circumference of mid-forearm

E : circumference of elbow

F : circumference of mid-bicep

G : circumference of base of arm

H : length of base of arm to base of neck



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