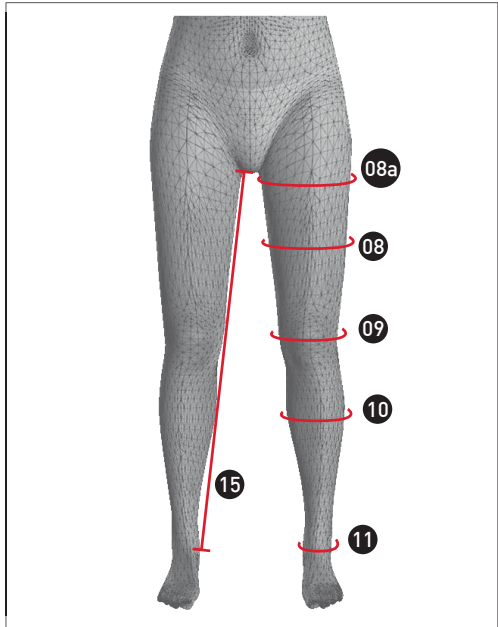
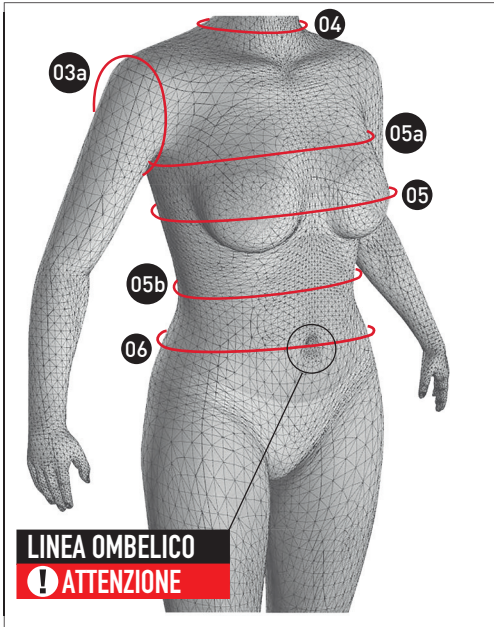
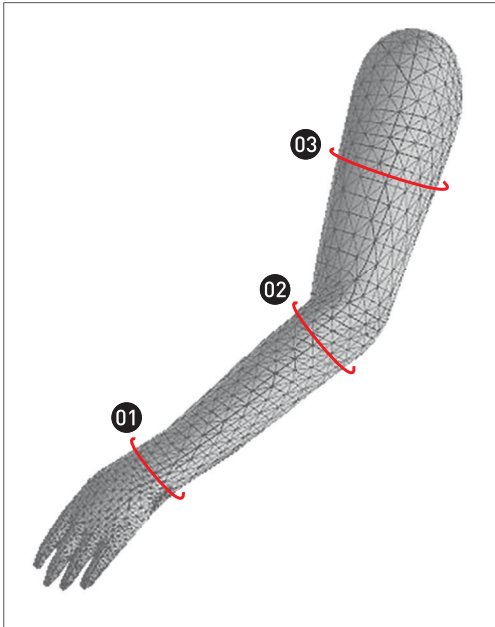
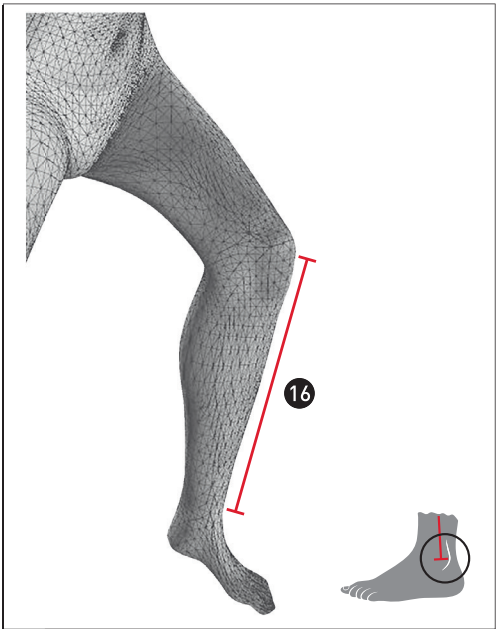
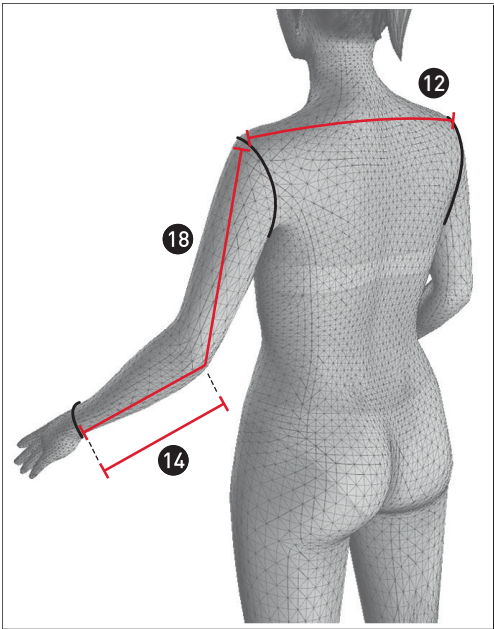
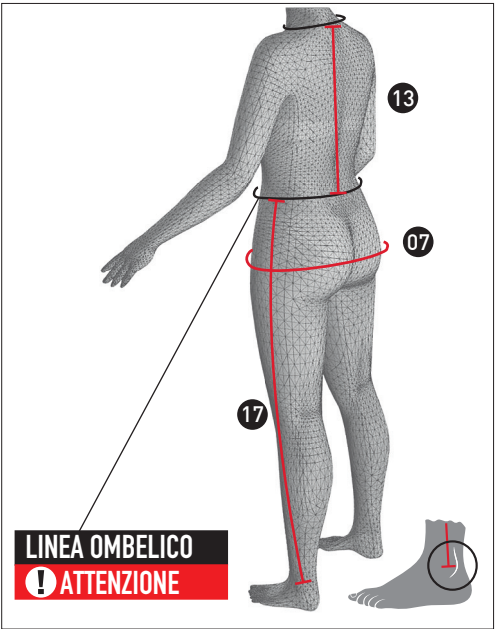




01. CIRCONFERENZA POLSO CM
02. CIRCONFERENZA AVAMBRACCIO CM
03. CIRCONFERENZA BICIPITE CM
04. CIRCONFERENZA COLLO CM
- 05a. CIRCONFERENZA TORACE ALTO CM
PRESTARE ATTENZIONE: CONTROLLARE 2 VOLTE
05. CIRCONFERENZA TORACE CENTRALE CM
PRESTARE ATTENZIONE: CONTROLLARE 2 VOLTE
- 05b. CIRCONFERENZA TORACE BASSO CM
PRESTARE ATTENZIONE: CONTROLLARE 2 VOLTE
06. CIRCONFERENZA VITA CM
- 03a. CIRCONFERENZA ASCELLA CM
- 08a. CIRCONFERENZA COSCIA ALTA CM
08. CIRCONFERENZA COSCIA CENTRALE CM
09. CIRCONFERENZA GINOCCHIO CM
10. CIRCONFERENZA POLPACCIO CM
11. CIRCONFERENZA CAVIGLIA CM
15. LUNGHEZZA INGUINE-MALLEOLO CM



07. CIRCONFERENZA BACINO CM
12. LARGHEZZA SPALLE CM
16. LUNGHEZZA GINOCCHIO-CAVIGLIA CM
13. LUNGHEZZA BASE COLLO A VITA CM
PRESTARE ATTENZIONE: CONTROLLARE 2 VOLTE
14. LUNGHEZZA GOMITO-POLSO CM
18. LUNGHEZZA SPALLA-POLSO CM
17. LUNGHEZZA VITA-MALLEOLO CM
PRESTARE ATTENZIONE: CONTROLLARE 2 VOLTE

SCHEDA MISURE
VC01-25

[illegible]

**PRESA MISURE
TAKING MEASURES**

200

A diagram of a person from the back, standing against a vertical scale. The person is wearing a dark, long-sleeved jumpsuit. Red dashed lines and arrows indicate measurement points: 'C' for chest, 'W' for waist, and 'L' for leg length. The scale on the left has a '200' mark at the top.



VIDEO TUTORIAL

