METRISIS
ANTHROPOMETRY PORTABLE

ALL CAN BE MEASURED

MANUAL BOOK

This book contains all measurement detail using Portable Anthropometry.

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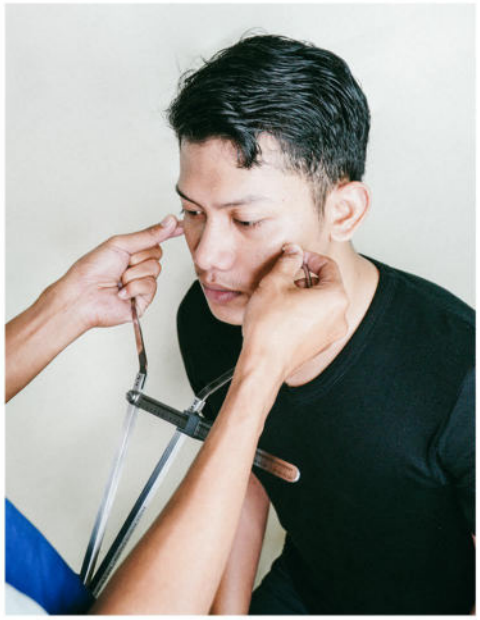
1. face breadth

Measuring instruments used: Sliding Caliper or Small Spreading Caliper

Measuring instruments used: Sliding Caliper or Small Spreading Caliper Face breadth measurement is a measurement made to measure the breadth or width of a face. The measurement method is as follows:

a. Sliding Caliper
- First, prepare the Sliding Caliper to be used.
- Second, put one point on the Sliding Caliper on the left face zygomatic and one point on the right zygomatic.
- Third, you will get the measurement results of face breadth.

b. Small Spreading Caliper
- First, prepare the Small Spreading Caliper to be used.
- Second, put one point on the Small Spreading Caliper on the left face zygomatic and one point on the right zygomatic.
- Third, you will get the measurement results of face breadth.



Small Spreading Caliper

Sliding Caliper

2. head length

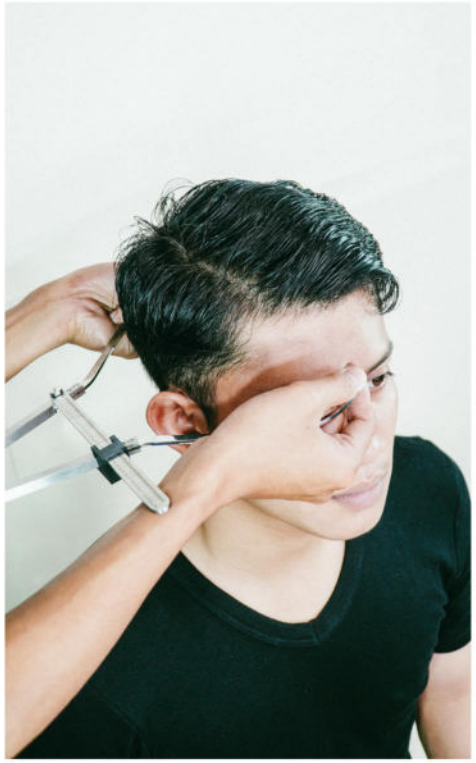
Measuring instruments used: Sliding Caliper or Small Spreading Caliper

Head length measurement is a measurement of the distance between the glabella (the most anterior point on the forehead between the eyebrows) and the occiput (back of the head) in the midline. The measurement method is as follows:

a. Sliding Caliper
- First, prepare the Sliding Caliper to be used.
- Second, place one Sliding Caliper point at the glabella point and one occiput point in the center position correctly.
- Third, the head length measurement results will be obtained.

b. Small Spreading Caliper
- First, prepare the Small Spreading Caliper to be used.
- Second, place one Small Spreading Caliper point at the glabella point and one occiput point in the center position correctly.
- Third, the head length measurement results will be obtained.

Sliding Caliper



Small Spreading Caliper

3. total face height

Measuring instruments used: Anthropometer or Sliding Caliper

Measurement of the total face length is performed by measuring the distance from Glabella, which is the midpoint between the eyebrows, to Menton (Me), which is the lowest point on the chin, to get the total face height. The measurement method is as follows:

a. Anthropometer
- First, prepare the anthropometer that will be used.
- Second, place one anthropometer point at Glabella point, and one point at Menton.
- Third, you will get the total face height measurement results.

b. Sliding Caliper
- First, prepare the Sliding Caliper to be used.
- Second, put one point on the Sliding Caliper at the Glabella point, and one point on the Menton.
- Third, you will get the result of total face height measurement.

Small Spreading Caliper

Anthropometer

4. upper face height

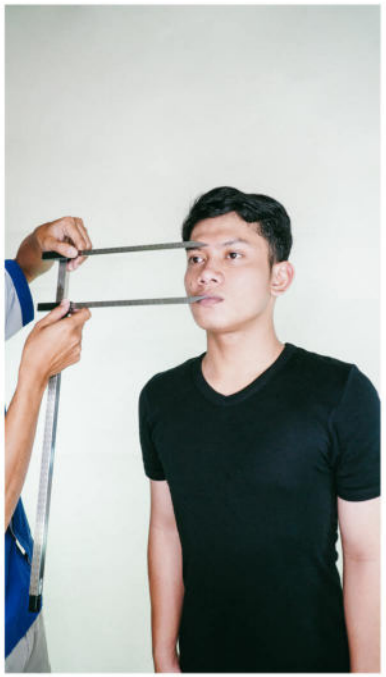
Measuring instruments used: Anthropometer or Sliding Caliper

Upper Face Height measurements are used to measure the linear distance between the osteological center line of the nasion, the upper part of the nose, and the prosthion, on the front (anterior) face just above the crowns of the upper central incisors.
The measurement method is as follows:

a. Anthropometer
- First, prepare the anthropometer that will be used.
- Second, place one anthropometer point in the middle east point of the osteological nasion and prosthion point.
- Third, you will get the result of upper face height measurement

b. Sliding Caliper
- First, prepare the Sliding Caliper to be used.
- Second, put one Sliding Caliper point in the middle southeastern osteological point and prosthion point.
- Third, you will get the upper face height measurement results.

Sliding Caliper



Anthropometer

5. height of lower face

Measuring instruments used: Anthropometer, Sliding Caliper or Small Spreading Caliper

Height of Lower Face Measurement is used to measure the anterior height of the lower face. The measured point is the lip to the menton point. The measurement method is as follows:

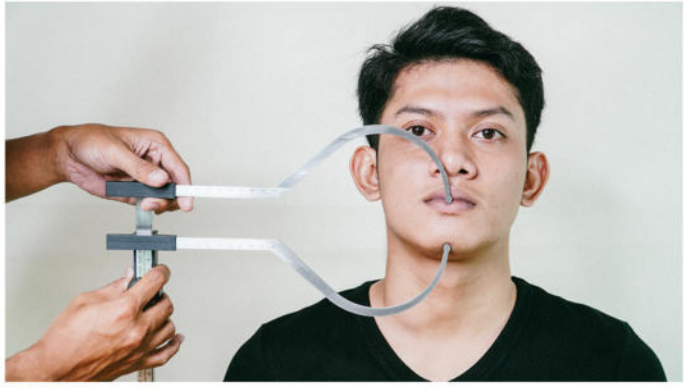
a. Anthropometer
- First, prepare the anthropometer that will be used.
- Second, put one anthropometer point at the lip point and one anthropometer point at menton height.
- Third, the height of lower face measurement results will be obtained.

b. Sliding Caliper
- First, prepare the Sliding Caliper to be used.
- Second, put one point on the Sliding Caliper at the lip point and one anthropometer point at the height of the menton.
- Third, the height of lower face measurement results will be obtained.

c. Small Spreading Caliper
- First, prepare the Small Spreading Caliper to be used.
- Second, put one Small Spreading Caliper point at the lip point and one anthropometer point at menton height.
- Third, the height of lower face measurement results will be obtained.

Anthropometer

Small Spreading Caliper



Branches Measurement Curves

6. minimum frontal breadth

The measuring instrument used: Small Spreading Caliper

Minimum Frontal Breadth Measurement is a minimum forehead measurement obtained by measuring two frontotemporalia points. The measurement method is as follows:

a. Small Spreading Caliper
- First, prepare the Small Spreading Caliper to be used.
- Second place the Small Spreading Caliper point between the frontotemporalia points.
- Third, the minimum frontal breadth measurement results will be obtained.

Small Spreading Caliper

7. height of forehead

Measuring instruments used: Anthropometer or Sliding Caliper

Height of Forehead measurement is a measurement of the forehead obtained through measurement of the osteological centerline of the nasion, up to the uppermost part of the forehead.
The measurement method is as follows:

a. Anthropometer
- First, prepare the Small Spreading Caliper to be used.
- Second place the Small Spreading Caliper point between the frontotemporalia points.
- Third, the minimum frontal breadth measurement results will be obtained.

b. Sliding Caliper
- First, prepare the Sliding Caliper to be used.
- Second place the sliding caliper point between the frontotemporalia points.
- Third, the minimum frontal breadth measurement results will be obtained.

Anthropometer

Small Spreading Caliper

8. bigonia breadth

Measuring instruments used: Anthropometer, Sliding Caliper, Small Spreading Caliper, Large Spreading Caliper or Branches Measurement

Bigonia breadth measurement is a measurement that connects two gonion points. This measurement is also called jaw measurement.
The measurement method is as follows:

a. Anthropometer
- First, prepare the anthropometer that will be used.
- Second, place one anthropometer point at the right gonion point and left gonion point.
- Third, you will get the bigonia breadth measurement results.

b. Sliding Caliper
- First, prepare the Sliding Caliper to be used.
- Second, put one Sliding Caliper point on the right gonion point and left gonion point.
- Third, you will get the bigonia breadth measurement results.

c. Small Spreading Caliper
- First, prepare the Small Spreading Caliper to be used.
- Second, put one Small Spreading Caliper point on the right gonion point and left gonion point.
- Third, you will get the bigonia breadth measurement results.

d. Large Spreading Caliper
- First, prepare a large spreading caliper that will be used.
- Second, put one large spreading caliper point on the right gonion point and left gonion point.
- Third, you will get the bigonia breadth measurement results.

e. Branches Measurement Curve
- First, prepare the Branches Measurement Curve that will be used.
- Second, place one Branches Measurement Curve point on the right gonion point and the left gonion point.
- Third, you will get the bigonia breadth measurement results.

Branches Measurement Curves

Anthropometer

Sliding Caliper

Large Spreading Caliper

Small Spreading Caliper

9. head breadth

Measuring instruments used: Anthropometer, Sliding Caliper, Small Spreading Caliper, Large Spreading Caliper or Branches Measurement

Head breath measurement is a measurement that measures the maximum head width located above the ear.
The measurement method is as follows:

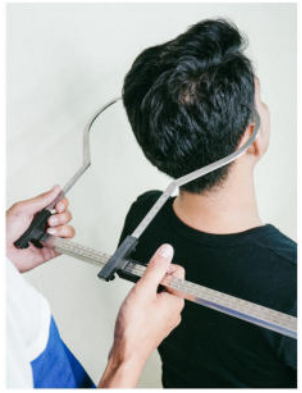
a. Anthropometer
- First, prepare the anthropometer that will be used.
- Second, put both anthropometric points to the top of the ear in the horizontal plane.
- Third, head breadth measurement results will be obtained.

b. Sliding Caliper
- First, prepare a sliding caliper that will be used.
- Second, put the two sliding caliper points to the top of the ear in the horizontal plane.
- Third, head breadth measurement results will be obtained.

c. Small Spreading Caliper
- First, prepare the small spreading caliper to be used.
- Second, place the two small spreading caliper points on the top of the ear in the horizontal plane.
- Third, head breadth measurement results will be obtained.

d. Large Spreading Caliper
- First, prepare the small spreading caliper to be used.
- Second, place the two small spreading caliper points on the top of the ear in the horizontal plane.
- Third, head breadth measurement results will be obtained.

e. Branches Measurement Curve
- First, prepare the Branches Measuremet Curve that will be used.
- Second, place the two points of the Branches Measurement Curve onto the top of the ear in the horizontal plane.
- Third, head breadth measurement results will be obtained.

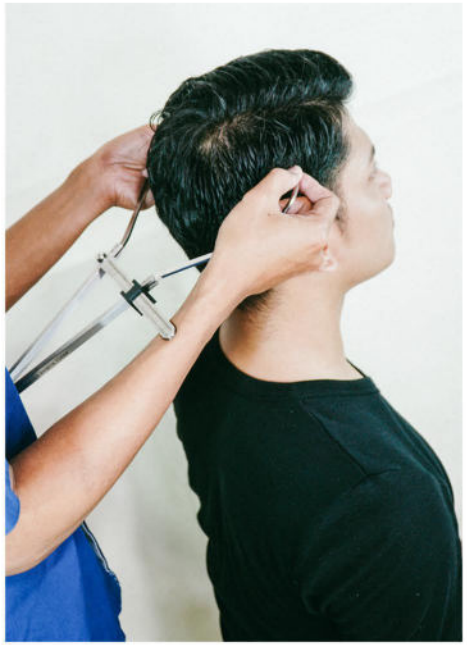


Branches Measurement Curves

Large Spreading Caliper

Sliding Caliper

Anthropometer



Small Spreading Caliper

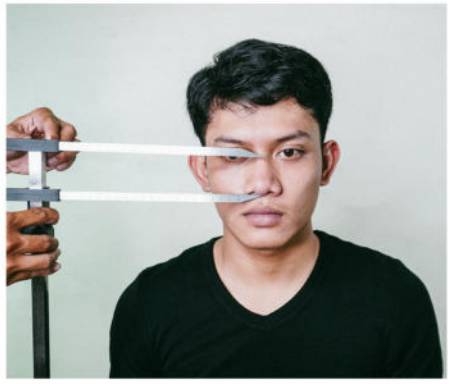
10. nassal height

Measuring instruments used: Anthropometer or Sliding Caliper

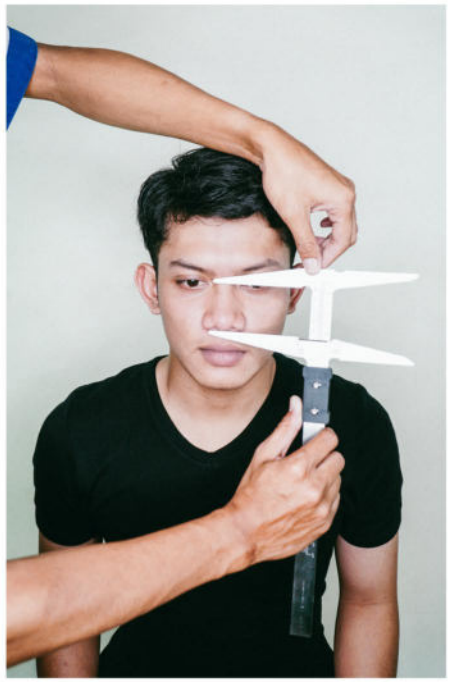
Nassal Height Measurement is a measurement of the area of nasal height or nose height. The measurement method is as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, place the two Anthropometer points vertically into the nasal area.
- Third, the results of the mass measurement will be obtained.

b. Sliding Caliper
- First, prepare the Sliding Caliper to be used.
- Second, put the two points Sliding Caliper vertically into the nose (nose).
- Third, the results will be obtained by measuring the height of the mass.



Anthropometer



Sliding Caliper

11. nassal breadth

Measuring instruments used: Anthropometer or Sliding Caliper

Nassal breadth measurement is a measurement of nassal breadth located in a wide area of nassal (nose).
The measurement method is as follows:

a. Anthropometer
- First, prepare the anthropometer that will be used.
- Second, place the two anthropometric points horizontally (nose).
- Third, you will get the results of nassal breadth measurements.

b. Sliding Caliper
- First, prepare a sliding caliper that will be used.
- Second, put the two sliding caliper points horizontally (nose).
- Third, you will get the results of nassal breadth measurements.

Anthropometer

Sliding Caliper

12 . ear length

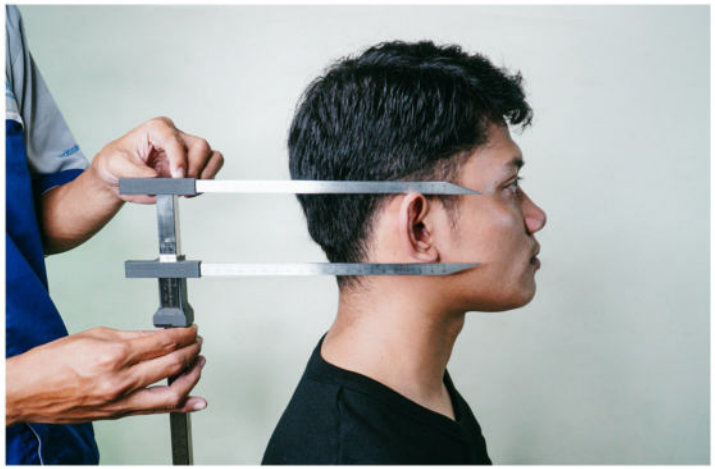
Measuring instruments used: Anthropometer or Sliding Caliper

The measurement of ear length is the measurement of the ear's length from the highest point (superior) to the lowest point (inferior) of the ear. The measurement procedure is as follows:

a. Anthropometer
- First, prepare the anthropometer that will be used.
- Second, place the two anthropometry points vertically at the ear.
- Third, you will get the results of ear height measurements.

b. Sliding Caliper
- First, prepare the Sliding Caliper to be used.
- Second, put the two points Sliding Caliper to the ear high vertically.
- Third, you will get the results of ear height measurements.

Sliding Caliper



Anthropometer

13. face length
(menton-sellion length)

Measuring instruments used: Anthropometer, Sliding Caliper, Small Spreading Caliper, or Branches Measurement Curve

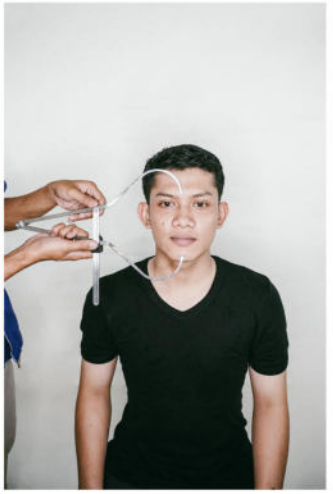
Face length measurement (menton - sellion length) is a measurement of the face length obtained from the menton point to the selion point. The measurement method is as follows:

a. Anthropometer
- First, prepare the anthropometer that will be used.
- Second, put the two points of the anthropometer on the menton and sellion.
- Third, you will get the face length measurement result (menton - sellion).

b. Sliding Caliper
- First, prepare a sliding caliper that will be used.
- Second, put the two sliding caliper points on the menton and sellion parts.
- Third, you will get the face length measurement result (menton - sellion).

c. Small spreading Caliper
- First, prepare the small spreading caliper to be used.
- Second, put the two small spreading caliper points on the menton and sellion parts.
- Third, you will get the face length measurement result (menton - sellion).

d. Branches Measurement Curve
- First, prepare the Branches Measurement Curve that will be used.
- Second, place the two points of the Branches Measurement Curve in the menton and sellion sections.
- Third, you will get the face length measurement result (menton - sellion).



Small Spreading Caliper

Branches Measurement Curves

Anthropometer

Sliding Caliper

14. bitragion breadth

Measuring instruments used: Anthropometry, Sliding Caliper, Small Spreading Caliper, or Large Spreading Caliper

Bitragion breadth measurement is a measurement of width between two points of the tragion on the face. These two points of tragion are then measured to be points of bitragion. The measurement method is as follows:

a. Anthropometer
- First, prepare the anthropometer that will be used.
- Second, put both anthropometer points on the tragion point and right or left.
- Third, you will get the results of bitragion breadth measurements.

b. Sliding Caliper
- First, prepare a sliding caliper that will be used.
- Second, put the two sliding caliper points on the tragion point and right or left.
- Third, you will get the results of bitragion breadth measurements.

c. Small Spreading Caliper
- First, prepare the small spreading caliper to be used.
- Second, place the two small spreading caliper points on the tragion point and right or left.
- Third, you will get the results of bitragion breadth measurements.

d. Large Spreading Caliper
- First, prepare a large spreading caliper that will be used.
- Second, place both large spreading points on the tragion point and right or left.
- Third, you will get the results of bitragion breadth measurements.

Anthropometer

Small Spreading Caliper

Sliding Caliper

Large Spreading Caliper

15. inter-pupillary distance

Measuring instruments used: Anthropometer, Sliding Caliper, Small Spreading Caliper

Inter puppilary distance measurement is a measurement of two points between the outer pupils of the eye. Or in other words, this measurement is used to measure the distance between the pupils of the eye. The measurement method is as follows:

a. Anthropometer
- First, prepare the anthropometer that will be used.
- Second, take one anthropometer beam and two sliding blocks and place the two anthropometer points on the right or left eye or pupil.
- Third, the inter-puppilary distance measurement results will be obtained.

b. Sliding Caliper
- First, prepare the anthropometer that will be used.
- Second, take one anthropometer beam and two sliding blocks and place the two anthropometer points on the right or left eye or pupil.
- Third, the inter-puppilary distance measurement results will be obtained.

c. Small Spreading Caliper
- First, prepare the small spreading caliper to be used.
- Second, take the small spreading caliper to be used and place the two-small spreading caliper points on the right and left pupils.
- Third, the inter-puppilary distance measurement results will be obtained.

Sliding Caliper

Anthropometer

Small Spreading Caliper

16. neck height, behind

Measuring instruments used: Anthropometer, or Sliding Caliper

Neck Height Measurement, Behind is a measurement of neck height on the back. This measurement is done by measuring the top to the bottom of the neck on the back.
The measurement method is as follows:

a. Anthropometer
- First, prepare the anthropometer that will be used.
- Second, take one anthropometer beam and two sliding blocks and place the two anthropometer points on the back of the neck.
- Third, you will get the results of neck height, behind, measurements.

b. Sliding Caliper
- First, prepare a sliding caliper that will be used.
- Second, take the sliding caliper on the back of the neck.
- Third, you will get the results of neck height, behind, measurements.

Anthropometer

Sliding Caliper

17. neck height, front

Measuring instruments used: Anthropometer, or Sliding Caliper

Neck Height Measurement, Front is a measurement of neck height on the back. This measurement is done by measuring the top to the bottom of the neck on the front.
The measurement method is as follows:

a. Anthropometer
- First, prepare the anthropometer that will be used.
- Second, take one anthropometer beam and two sliding blocks and place the two anthropometer points on the front neck.
- Third, you will get the results of neck height, front measurements.

b. Sliding Caliper
- First, prepare a sliding caliper that will be used.
- Second, take the sliding caliper on the back of the neck.
- Third, you will get the results of neck height, front measurements.

Anthropometer

Sliding Caliper

18. sellion-supramenton length

Measuring instruments used: Anthropometer, Sliding Caliper and Branches Measurement Curve

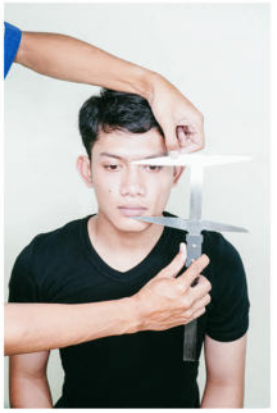
The Sellion-Supramenton measurement is a measurement measured by measuring the two points of the sellion and supramenton. These two points are in the face area. How the measurements are carried out are as follows:

a. Anthropometer
- First, prepare the anthropometer that will be used.
- Second, take one anthropometer beam and two sliding blocks and place the two anthropometer points in the sellion and supramenton sections.
- Third, the result of measurement of sellion - supramenton length will be obtained.

b. Sliding Caliper
- First, prepare a sliding caliper that will be used.
- Second, take the sliding caliper and place the two anthropometer points in the sellion and supramenton sections.
- Third, the result of measurement of sellion - supramenton length will be obtained.

c. Branches Measurement Curve
- First, prepare a sliding caliper that will be used
- Second, take the sliding caliper and place the two anthropometer points in the sellion and supramenton sections.
- Third, the result of measurement of sellion - supramenton length will be obtained.

Anthropometer



Branches Measurement Curves

Sliding Caliper

19. acromial height sitting

Measuring instrument used: Anthropometer

Acromial Height Measurement is a measurement made to measure the acromial height of the human body. This acromial point is located on the shoulder with the body in a sitting position.
The measurement method is as follows:

a. Anthropometer
- First, prepare the anthropometer that will be used.
- Second, take three anthropometers and a sliding block and place them on the acromial point. Place the anthropometer from the footwear and sliding to touch the shoulder.
- Third, acromial height, sitting measurements will be obtained.

Anthropometer

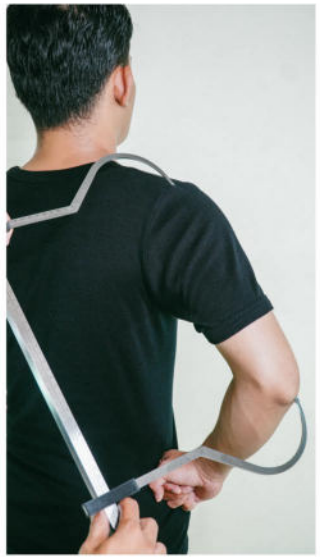
20. arm length (shoulder-elbow)

Measuring instrument used Anthropometer

Arm Length Measurement is a measurement that is carried out to measure the length of the shoulder to the elbow. The point to be measured is the point on the shoulder and the elbow.
The measurement method is as follows:

a. Anthropometer
- First, prepare the anthropometer that will be used.
- Second, take one anthropomometer and sliding block. Put it on two points, namely the shoulder and elbow.
- Third, the arm length (shoulder-elbow) measurement results will be obtained.

Anthropometer



Branches Measurement Curves

Large Spreading Caliper

21. buttock-knee length, left

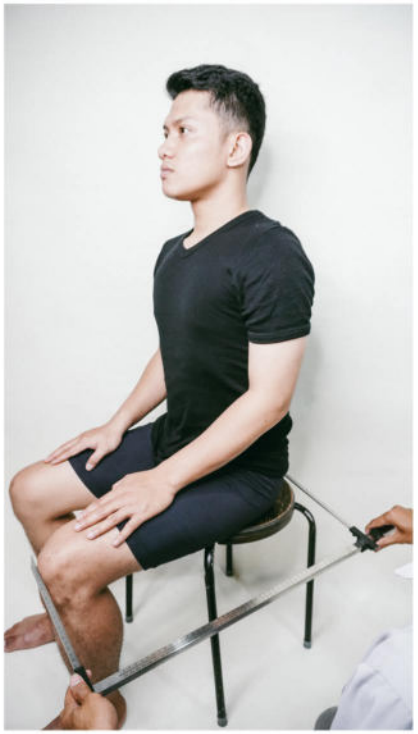
Measuring instruments used: Anthropometer or Large Spreading Caliper

Buttock knee length measurement is a measurement made to measure the distance of the buttocks to the knees in an upright sitting position. The measurement method is as follows:

a. Anthropometer
- First, prepare the anthropometer that will be used.
- Second, take one anthropometer and sliding block. Place it at two points, namely the thigh to the knee on the left.
- Third, the measurement results of Buttock Knee Length, Left will be obtained.

b. Large Spreading Caliper
- First, prepare a large spreading caliper that will be used.
- Second, take a large spreading caliper. Put two points, namely on the thigh to the knee on the left.
- Third, the measurement results of Buttock Knee Length, Left will be obtained.

Large Spreading Caliper



Anthropometer

22. buttock-knee length, right

Measuring instruments used: Anthropometer or Large Spreading Caliper

Buttock knee length measurement is a measurement made to measure the distance of the buttocks to the knees in an upleft sitting position. The measurement method is as follows:

a. Anthropometer
- First, prepare the anthropometer that will be used.
- Second, take one anthropometer and sliding block. Place it at two points, namely the thigh to the knee on the right.
- Third, the measurement results of Buttock Knee Length, Right will be obtained.

b. Large Spreading Caliper
- First, prepare a large spreading caliper that will be used.
- Second, take a large spreading caliper. Put two points, namely on the thigh to the knee on the right.
- Third, the measurement results of Buttock Knee Length, right will be obtained.

Anthropometer

Large Spreading Caliper

23 . sitting height

Measuring instrument used: Anthropometer

Sitting Height Measurement is a measurement made to measure height in a sitting position. So that the measured point is from the floor until it reaches the top of the head. The measurement method is as follows:

a. Anthropometer
- First prepare the anthropometer that will be used.
- Second, take three anthropometers and a sliding block. Place it on the floor and aim the sliding block until it touches the head.
- Third, the Sitting Height measurement results will be obtained.

Anthropometer

24. elbow height sitting, left

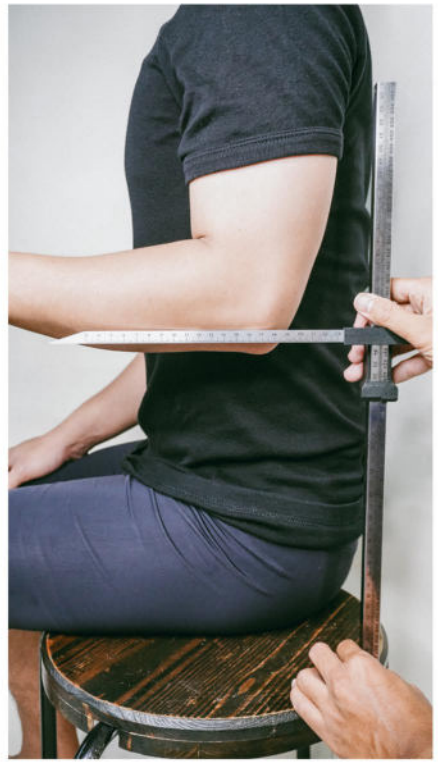
Measuring instruments used: Anthropometer and Sliding Caliper.

Elbow Height, Sitting, Left Measurement is the measurement of the elbow height of the left hand when sitting, and the hand is bent upward with an angle of 90 degrees. The measurement method is as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Bar D Anthropometer beam then combine it with a Sliding Block Anthropometer.
- Third, put the Anthropometer Beam D in the seat of the model then pull the Sliding Block Anthropometer up to the left elbow of the model, as illustrated in the picture.
- Fourth, the measurement results will be obtained from Elbow Hight, Sitting, Left.

b. Sliding Caliper
- First, prepare the Sliding Caliper to be used.
- Second, put one end of the upper jaw from the Sliding caliper to the seat of the model, then pull the other jaw until the left elbow from the model. Like the illustration in the picture.
- Third, you will get the measurement results from Elbow Height Sitting, left.

Anthropometer



Sliding Caliper

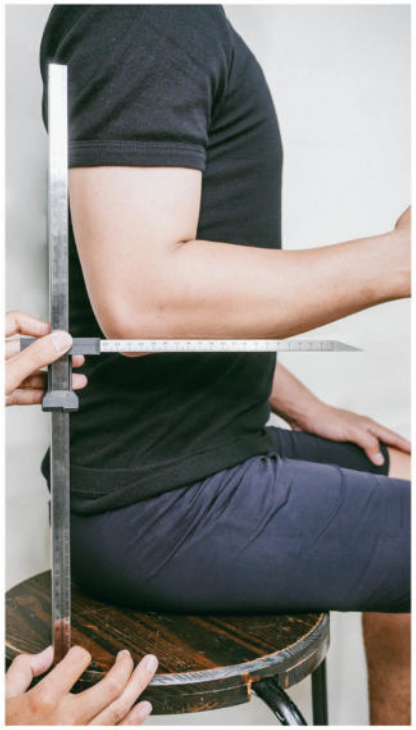
25. elbow height sitting, right

Measuring instruments used: Anthropometer and Sliding Caliper

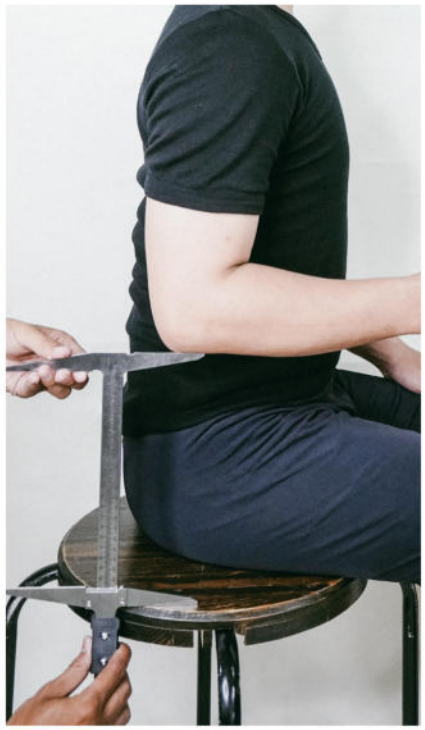
Elbow Height, Sitting, Right Measurement is a measurement of the elbow height of the right hand when sitting, and the hand is bent upward with an angle of 90 degrees.
The measurement method is as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Bar D Anthropometer Block, then combine one Sliding Block Anthropometer.
- Third, put the Anthropometer Beam D in the seat of the model then pull the Sliding Block Anthropometer up to the right elbow of the model, as illustrated in the picture.
- Fourth, the measurement results will be obtained from Elbow Hight, Sitting,

b. Sliding Caliper
- First, prepare the Sliding Caliper to be used.
- Second, put one end of the upper jaw from the sliding caliper to the model's seat, then pull the other jaw up Left elbow from the model. Like the illustration in the picture.
- Third, the measurement results will be obtained from Elbow Height Sitting, Right.



Anthropometer



Sliding Caliper

26. eye height sitting, left

Measuring instrument used: Anthropometer

Measurement of Eye Height, Sitting, Left is a measurement of the height of the left eye when the model sits. The method of measurement is as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer Bar, D and C beams then arrange the two beams, after that combine with one Sliding Block Anthropometer.
- Third, place the Anthropometer D beam that has been arranged after that pull up the Sliding Block Anthropometer up to Straight with the left eye of the model. Like the illustration in the picture.
- Fourth, you will get the results of measurements from Eye Height, Sitting, Left.

Anthropometer

27. eye height sitting, right

Measuring instrument used: Anthropometer

Measurement of Eye Height, Sitting, Right is a measurement of the height of the left eye when the model sits. The method of measurement is as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer Bar, D and C beams then arrange the two beams, after that combine with one Sliding Block Anthropometer.
- Third, place the Anthropometer D beam that has been arranged after that pull up the Sliding Block Anthropometer up to Straight with the right eye of the model. Like the illustration in the picture.
- Fourth, you will get the results of measurements from Eye Height, Sitting, Right.

Anthropometer

28 . hip breadth, sitting

Measuring instruments used: Large Spreading Caliper and Branches Measurement Curve.

Measurement of Hip Breadth, Sitting is a measurement of sitting hip width. The measurement method is as follows:

a. Large Spreading Caliper
- First, prepare the Large Spreading Caliper.
- Second, place the Round Point of one Large Spreading Caliper on the right hip of the model then pull the other Round point. Pull until the left hip as illustrated in the picture.
- Third, you will get the measurement results from Hip Breadth, Sitting.

b. Branches Measurement Curve
- First, prepare the Branches Measurement Curve that will be used.
- Second, prepare the Anthropometer Beam A then combine it with the Sliding Branches Measurement Curves.
- Third, place the Round Point from one of the Branches Measurement to the right Hip of the model then drag the other Round Point to the left Hip of the model, as illustrated in the picture.
- Fourth, you will get a measurement result from Hip Breadth, Sitting.

Large Spreading Caliper

Branches Measurement Curves

29. knee height sitting, left

Measuring instrument used: Anthropometer

Knee Height, Sitting, Left, measurements are left knee height measurements when sitting. The measurement method is as follows:

a. Anthropometer.
- First, Prepare the Anthropometer to be used.
- Second, prepare the Anthropometer beam D and C then arrange the two beams after that combine with one Sliding Block Anthropometer.
- Third, place the Anthropometer D beam on the footing of the model, then pull the Sliding Block Anthropometer up to the left knee point of the model, as illustrated by the model.
- Fourth, the measurement results will be obtained from Knee Height, Sitting, Left.

Anthropometer

30. knee height sitting, right

Measuring instrument used: Anthropometer

Knee Height, Sitting, Right measurements are left knee height measurements when sitting. The measurement method is as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer D and C beams then arrange the two beams after that combine with one Sliding Block Anthropometer.
- Third, place the Anthropometer D beam on the footing of the model then pull the Sliding Block Anthropometer up to the right knee point of the model, as illustrated by the model.
- Fourth, the measurement results will be obtained from Knee Height, Sitting, Right.

Anthropometer

31. foot length, right

Measuring instruments used: Anthropometer, Sliding Caliper, Small Spreading Caliper, Large Spreading Caliper Branches Measurement

Foot Length Measurement, Right is a measurement of the length of the right foot of the model. How to measure as follows:

a. Anthropometer.
- First, prepare the Anthropometer to be used.
- Second, prepare the Bar A Anthropometer Beam then combine it with the Sliding Block Anthrometer.
- Third, place the end of one of the Sliding Block to the back of the base of the right foot, then pull the other Sliding Block up to the tip of the middle finger of the model's right foot. Like the illustration in the picture.
- Fourth, the measurement results will be obtained from Foot Length, Right.

b. Sliding Caliper.
- First, Prepare the Sliding Caliper to be used.
- Second, place one of the lower jaws of the Sliding Caliper to the back of the base of the right foot of the model, then pull the lower jaw to the tip of the finger from the model's right foot. Like the illustration in the picture.
- Third, the measurement results will be obtained from Foot Lenght, Right.

c. Small Spreading caliper.
- First, Prepare the Small Spreading Caliper to be used.
- Second, place one of the Round Points of the Small Spreading Caliper to the back of the base of the model's right foot and then pull the other Round Point to the fingertips of the model foot. A case of illustration in the picture.
- Third, the measurement results will be obtained from Foot Lenght, Right.

d. Large Spreading Caliper.
- First, Prepare the Large Spreading Caliper to be used.
- Second, place one of the Round Points of the Large Spreading Caliper to the back of the base of the model's right foot and then pull the other Round Point to the fingertips of the model foot. A case of illustration in the picture.
- Third, the measurement results will be obtained from Foot Lenght, Right.

e. Branches Measurement.
- First, prepare Branches Measurement to be used.
- Second, prepare the Anthropometer bar bar A then combine it with branches Measurement Curves.
- Third, place the Round Point from the Branches Measurement to the rear base of the model's right foot and then pull the other Round Point up to the fingertips of the model foot. Like the illustration in the picture.
- Fourth, the measurement results will be obtained from, Foot Lenght Right.

Large Spreading Caliper

Branches Measurement Curves

Small Spreading Caliper

Anthropometer

32. foot length, left

Measuring instruments used: Anthropometer, Sliding Caliper, Small Spreading Caliper, Large Spreading Caliper and Branches Measurement

Foot Length Measurement Left is a measurement of the length of the left foot of the model. How to measure as follows:

a. Anthropometer.
- First, prepare the Anthropometer to be used.
- Second, prepare the Bar A Anthropometer Beam then combine it with the Sliding Block Anthropometer.
- Third, place the end of one of the Sliding Block to the tip of the middle finger from the left foot, then pull the other Sliding Block up to the base of the back of the foot of the model. Like the illustration in the picture.
- Fourth, the measurement results will be obtained from Foot Lenght, Left.

b. Sliding Caliper.
- First, Prepare the Sliding Caliper to be used.
- Second, place one of the lower jaws from the Sliding Caliper to the tip of the middle finger from the left foot of the model and then pull the lower jaw to the back of the left leg of the model. Like the illustration in the picture.
- Third, the measurement results will be obtained from Foot Lenght, Left.

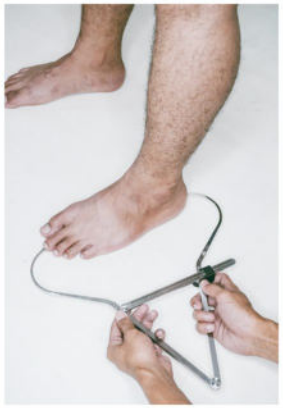
c. Small Spreading caliper.
- First, Prepare the Small Spreading Caliper to be used.
- Second, place one of the Round Points of the Small Spreading Caliper. The tip of the middle finger from the model's left foot then pull the other Round Point to the base behind the model foot. A case of illustration in the picture.
- Third, the measurement results will be obtained from Foot Lenght, Left.

d. Large Spreading Caliper.
- First, Prepare the Large Spreading Caliper to be used.
- Second, place one of the Round Points of the Large Spreading Caliper. The tip of the middle finger of the model's right foot, then pull the other Round Point to the base behind the model foot. A case of illustration in the picture.
- Third, the measurement results will be obtained from Foot Lenght, Left.

e. Branches Measurement.
- First, prepare Branches Measurement to be used.
- second, prepare the Anthropometer bar bar A then combine it with branches Measurement Curves.
- Third, place the Round Point from the Branches Measurement to the tip of the middle finger of the left foot of the model then pull the other Round Point to the base of the back of the model's left foot. Like the illustration in the picture.
- Fourth, the measurement results will be obtained from, Left Foot Length.

Branches Measurement Curves

Large Spreading Caliper



Small Spreading Caliper

Anthropometer

33. foot breadth, right

Measuring instruments used: Anthropometer, Sliding Caliper, Small Spreading Caliper, Large Spreading Caliper and Branches Measurement

Foot Length Measurement Right is a measurement of the width of the right foot of the model. How to measure as follows:

a. Anthropometer
- First, Prepare the Anthropometer to be used.
- Second, prepare bar A Anthropometer Beams then combine with Sliding Block Anthropometer.
- Third, put the tip of the Anthropometer Sliding block to the outer side of the right foot of the model, then pull / slide the other Sliding Block to the inside of the model foot. Like the illustration in the picture.
- Fourth, the measurement results will be obtained from Foot Breadth, Right

b. Sliding Caliper
- First, Prepare the Sliding Caliper to be used.
- Second, place the lower jaw from the Sliding Caliper to the inner point of the model's right foot and then pull the lower jaw from the sliding Caliper to the outside point of the model foot, as illustrated in the picture.
- Third, the measurement results will be obtained from Foot Breadth, Right.

c. Small Spreading Caliper
- First, Prepare the Small Spreading Caliper to be used.
- Second, place one of the Round Points of the Small Spreading Caliper to the outside point of the right foot of the model then pull the other round point to the point in the sole of the model, as illustrated in the picture.
- Third, the measurement results will be obtained from Foot Breadth, Right.

d. Large Spreading Caliper
- First, prepare the Large Spreading Caliper to be used.
- Second, place one of the Round Points of the Large Spreading Caliper to the outer point of the right foot of the model then drag the other round point to the point in the sole of the model, as illustrated in the picture.
- Third, the measurement results will be obtained from Foot Breadth, Right.

e. Branches Measurement
- First, prepare the Mesurmaent Branches that will be used.
- Second, place one of the Round Points from the Measurement Branches to the Outer point of the right foot of the model then drag the other Round Point to the point in the foot of the model, as illustrated in the picture.
- Third, the measurement results will be obtained from Foot Breadth, Right.

Sliding Caliper

Branches Measurement Curves

Small Spreading Caliper

Anthropometer

Large Spreading Caliper

34. foot breadth, left

Measuring instruments used: Anthropometer, Sliding Caliper, Small Spreading Caliper, Large Spreading Caliper and Branches Measurement

Foot Length Measurement, Left is a measurement of the width of the left foot of the model. How to measure as follows:

a. Anthropometer
- First, Prepare the Anthropometer to be used.
- Second, prepare the bar A Anthropometer Beams then combine with the Sliding Block Anthropometer.
- Third, put the tip of the Anthropometer Sliding block to the outer side of the model's left foot, then drag / slide the other Sliding Block until the side of the model foot. Like the illustration in the picture.
- Fourth, the measurement results will be obtained from Foot Breadth, Left.

b. Sliding Caliper
- First, Prepare the Sliding Caliper to be used.
- Second, place the lower jaw from the Sliding Caliper to the inner point of the left foot of the model and then pull the lower jaw from the sliding Caliper to the outer point of the model foot, as illustrated in the picture.
- Third, the measurement results will be obtained from Foot Breadth, Left.

c. Small Spreading Caliper
- First, Prepare the Small Spreading Caliper to be used.
- Second, place one of the Round Points of the Small Spreading Caliper to the outside point of the left foot of the model then drag the other Round Point to the point in the sole of the model, as illustrated in the picture.
- Third, the measurement results will be obtained from Foot Breadth, Left.

d. Large Spreading Caliper.
- First, prepare the Large Spreading Caliper to be used.
- Second, place one of the Round Points of the Large Spreading Caliper to the outside point of the left foot of the model then drag the other Round Point to the point in the sole of the model, as illustrated in the picture.
- Third, the measurement results will be obtained from Foot Breadth, Left.

e. Branches Measurement.
- First, prepare the Measurement Branches that will be used.
- Second, place one of the Round Points from the Measurement Branches to the Outside point of the left foot of the model then drag the other Round Point to the point in the foot of the model, as illustrated in the picture.
- Third, the measurement results will be obtained from Foot Breadth, Left.

Small Spreading Caliper

Large Spreading Caliper

Branches Measurement Curves

Anthropometer

Sliding Caliper

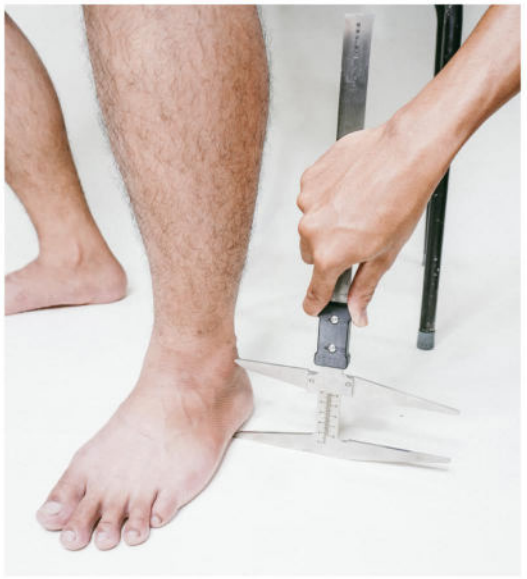
35. malleolus height, lateral, left

Measuring instruments used: Anthropometer and Sliding Caliper

Mallelous Height, Lateral, Left Measurement are height measurements of the external (lateral) ankles on the left foot of the model.
How to measure as follows:

a. Anthropometer.
- First, Prepare the Athropometer that will be used.
- Second, prepare the Bar D Anthropometer beam then combine it with a Sliding Block Anthropometer.
- Third, place the Anthropometer Beams D on the floor of the model footing and prioritize the beams perpendicularly, then pull the Sliding Block up to the outer point of the Mallelous on the left foot of the model. like the illustration in the picture.
- Fourth, the measurement results will be obtained from Mallelous Height, Lateral left.

b. Sliding Caliper.
- First, prepare the Sliding caliper to be used.
- Secondly, place one of the upper jaws from the Sliding Caliper to the base of the Model footing then drag/ slide the upper jaw to the other point (Parallel) ankle on the outer foot, as illustrated in the picture.
- Third, the measurement results will be obtained from Mallelous Height, lateral left.



Sliding Caliper

Anthropometer

36. malleolus height, lateral, right

Measuring instruments used: Anthropometer and Sliding Caliper

Mallelous Hight, Lateral, Right measurements. Is a measurement of the height of the outer ankle (Lateral) on the right foot of the model.
How to measure as follows.

a. Anthropometer.
- First, Prepare the Anthropometer to be used.
- Second, prepare the Bar D Anthropometer beam, then combine it with a Sliding Block Anthropometer.
- Third, place the Anthropometer Beam D on the floor of the model footing and prioritize the beam perpendicular, then pull the Sliding Block up to the point of the outer ankle (Mallelous) on the right foot of the model. Like the illustration in the picture.
- Fourth, the measurement results will be obtained from Mallelous Height, Lateral Right.

b. Sliding Caliper.
- First, prepare the Sliding caliper to be used.
- Second, place one of the upper jaws from the Sliding Caliper to the base of the model foot then pull / slide the upper jaw to the outside point of the ankle (parallel), as illustrated in the picture.
- Third, the measurement results will be obtained from the Mallelous Height Lateral Right.

Anthropometer

Sliding Caliper

37. malleolus height, medial, left

Measuring instruments used: Anthropometer and Sliding Caliper

Mallelous Height, Medial, Left Measurement are height measurements inner (parallel) ankles (medial) on the left foot of the model.
How to measure as follows.

a. Anthropometer.
- First, Prepare the Anthropometer to be used.
- Second, prepare the Bar D Anthropometer Beams, then combine them beam with one Sliding Block Anthropometer.
- Third, place the Anthropometer Beams D on the floor of the model footing and prioritize the beams perpendicularly, then pull the Sliding Block up to the point of the inner ankle (Mallelous) on the left foot. Like the illustration in the picture.
- Fourth, the measurement results will be obtained from Mallelous Height, medial Left.

b. Sliding Caliper.
- First, prepare the Sliding Caliper to be used.
- Second, place one of the upper jaws from the Sliding Caliper to the base of the model and then drag / slide the other upper jaw to the inside of the ankle (mallelous) inside, as illustrated in the picture.
- Third, the measurement results will be obtained from Mallelous Height Medial, Left.

Anthropometer

Sliding Caliper

38. malleolus height, medial, right

Measuring instruments used: Anthropometer and Sliding Caliper

Measurement of Malleous Height, Medial, Right. Is a measurement of height inner (parallel) ankle (medial) on the right foot of the model.
Way the measurement is as follows.

a. Anthropometer
- Prepare the Anthropometer to be used.
- Second, prepare the Bar D Anthropometer beam, then join the block with one Sliding Block Anthropometer.
- Third, place the Anthropometer Beams D on the floor of the model footing and prioritize the beams perpendicularly, then pull the Sliding Block up to the point of the inner ankle (Mallelous) on the right foot. like the illustration in the picture.
- Fourth, the measurement results will be obtained from Mallelous Height, medial Right.

b. Sliding Caliper
- First, prepare the Sliding Caliper to be used.
- Second, place one of the upper jaws from the Sliding Caliper to the base of the model and then drag / slide the other upper jaw to the point of the inner (parallel) ankle, as illustrated in the picture.
- Third, the measurement results will be obtained from the Mallelous Height Medial Right.

Anthropometer

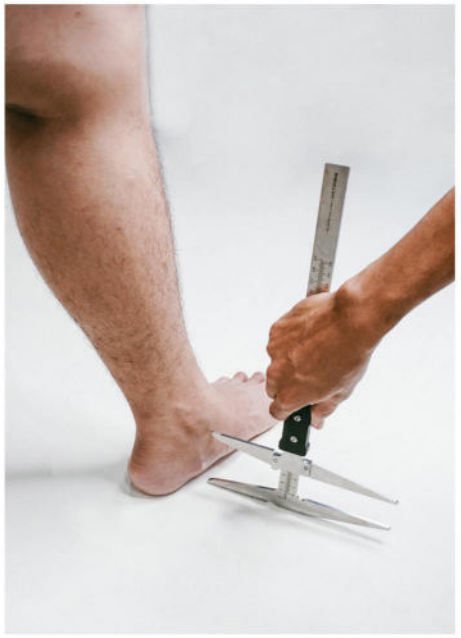
Sliding Caliper

39. sphyrion height, left

Measuring instrument used: Anthropometer

Measurement of Sphyrion Height, Left is a measurement of sphyrion height on the left foot. How to measure as follows.

a. Anthropometer.
- First, Prepare the Anthropometer to be used.
- Second, Prepare the Bar D Anthropometer Beam then combine the Anthropometer beam with a Sliding Block Anthropometer.
- Third, place the Anthropometer Bar D beam onto the footing of the model and prioritize it perpendicular then pull the sliding Block up until to the Sphyrion point on the left leg.
- Fourth, you will get the measurement results from Sphyrion Height, Left.



Anthropometer

40. sphyrion height, right

Measuring instrument used: Anthropometer

Sphyrion Height, Right Measurement is a point height measurement Sphyrion on the right foot. How to measure as follows.

a. Anthropometer.
- First, Prepare the Anthropometer to be used.
- Second, prepare the Bar D Anthropometer Beams, then combine them with one Sliding Block Anthropometer.
- Third, place the Bar D Anthropometer Beam on the floor of the model and prioritize perpendicular then pull the Sliding Block up until to the Sphyrion point on the right foot.
- Fourth, the measurement results will be obtained from Sphyrion, Right.

Anthropometer

41. hand width

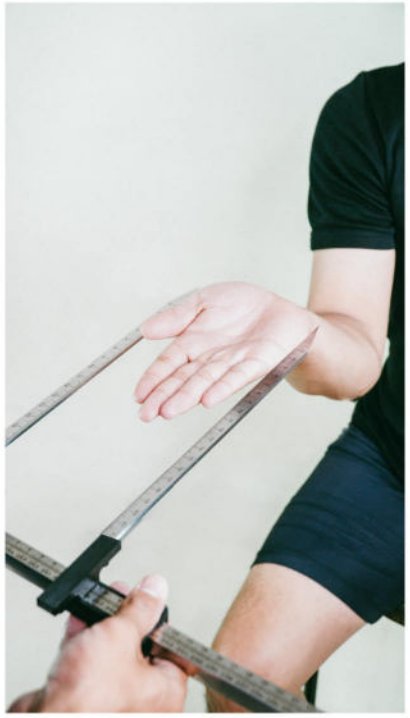
Measuring instruments used: Anthropometer, Sliding Caliper and Small Spreading Caliper

Hand Widht Measurement is a measurement of the width of the palm. How to measure as follows.

a. Anthropometer
- First, Prepare the Anthropometry used.
- Second, Prepare the Bar A Anthropometry beam then combine it with a Sliding Block Anthropometer.
- Third, put one end of the Sliding Block Anthropometer side to the side of the palm and then slide the other slide block, side to the other side of the palm. Like the illustration in the picture.
- Fourth, the measurement results will be obtained from Hand Widht.

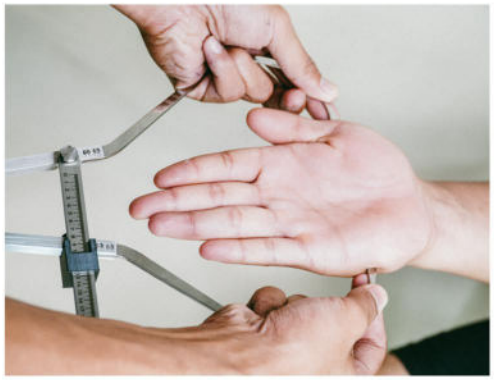
b. Sliding Caliper
- First, prepare the Sliding Caliper to be used.
- Second, put one end of the Sliding Caliper's Jaw to the side of your palm and then pull the other Jaw from the Sliding Caliper to the side of the other palm. Like the illustration in the picture.
- Third, the measurement results will be obtained from Hand Width.

c. Small Spreading Caliper.
- First, prepare the Small Spreading Caliper to be used.
- Second, put one of the Round Points of the Small Spreading Caliper, side to the palm of the hand then pull the other Round Point to the side of the other palm. Like the illustration in the picture.
- Third, the measurement results will be obtained from Hand With.



Anthropometer

Sliding Caliper



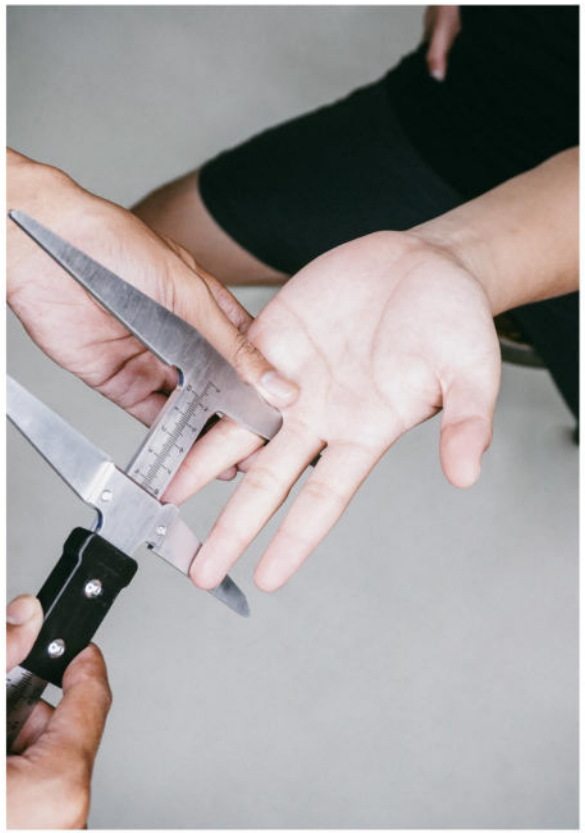
Small Spreading Caliper

42. finger length

Measuring instrument used: Sliding Caliper

Finger Length Measurement is a measurement of finger length from the base of the finger. How to measure as follows.

a. Sliding Caliper.
- First, Prepare the Sliding caliper to be used.
- Second, put one of the jaws of the Sliding Caliper, the base of the middle finger and then pull the Sliding Caliper jaw, the other to the fingertips, as illustrated in the picture.
- Third, the measurement results from Finger Length will be obtained.



Sliding Caliper

43. hand length, right

Measuring instruments used: Anthropometer, Sliding Caliper, Small Spreading Caliper, Large Spreading Caliper and Branches Measurement

Hand Length Measurement, Right is a measurement of palm length right hand from the tip of the finger to the base of the palm. How to measure as follows.

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer Beams A then combine with one Sliding Block Anthropometer.
- Third, place the tip of the Anthropometer Sliding Block onto the base of the palm, then slide the other Sliding Block up to the tip of the middle finger of the right hand of the model. Like the illustration in the picture.
- Fourth, the measurement results will be obtained from Hand Length, Right.

b. Sliding Caliper
- First, prepare the Sliding Caliper to be used.
- Second, place one of the lower jaws of the Sliding Caliper to the base of the palm and then slide the lower jaw of the Sliding Caliper to the tip of the middle finger of the right hand of the model. Like the illustration in the picture.
- Third, the measurement results will be obtained from the Hand Length Right.

c. Small Spreading Caliper
- First, prepare the Small Spreading Caliper to be used.
- Second, place one of the Round Points from the Small Spreading Caliper to the base of the palm, then slide the other Round Point to the tip of the middle finger of the model's right palm. Like the illustration in the picture.
- Third, the measurement results will be obtained from Hand length Right.

d. Large Spreading Caliper
- First, Prepare the Large Spreading Caliper to be used.
- Second, place one of the Round Points of the Large Spreading Caliper to the base of the palm, then slide the other Round Point to the tip of the middle finger of the model's right palm. Like the illustration in the picture.
- Third, the measurement results will be obtained from Hand length Right.

e. Branches Measurement
- First, prepare Branches Measurement to be used.
- Second, prepare the Bar A Anthropometer Beams then combine with one Sliding Block Branches Measurement.
- Third, place one of the Round Points from Branches Measurement. To the base of the palm, then slide the other Round Point to the tip of the middle finger of the model's right palm. Like the illustration in the picture.
- Fourth, the measurement results will be obtained from Hand Length, Right.

Large Spreading Caliper

Branches Measurement Curves

Small Spreading Caliper

Anthropometer

Sliding Caliper

44. hand length, left

Measuring instruments used: Anthropometer, Sliding Caliper, Small Spreading Caliper, Large Spreading Caliper and Branches Measurement

Left Hand Length Measurement is a measurement of the length of the left palm from the base of the palm to the tip of the middle finger.
How to measure is as follows.

a. Anthropometer
- First, prepare the anthropometer that will be used.
- Second, prepare the Anthropometer Beams A then combine with one Sliding Block Anthropometer.
- Third, place the tip of the Anthropometer Sliding Block onto the base of the palm, then slide the other Sliding Block up to the tip of the middle finger of the left hand of the model. Like the illustration in the picture.
- Fourth, the measurement results will be obtained from Hand Length, Left.

b. Sliding Caliper
- First, prepare the Sliding Caliper to be used.
- Second, place one of the lower jaws of the Sliding Caliper to the base of the palm then slide the lower jaw of the Sliding Caliper to the tip of the middle finger of the left hand of the model. Like the illustration in the picture.
- Third, the measurement results will be obtained from the Left Hand Length.

c. Small Spreading Caliper
- First, prepare the Small Spreading Caliper to be used.
- Second, place one of the Round Points from the Small Spreading Caliper to the base of the palm, then slide the other Round Point to the tip of the middle finger of the model's left palm. Like the illustration in the picture.
- Third, the measurement results will be obtained from the Left Hand Left.

d. Large Spreading Caliper
- First, Prepare the Large Spreading Caliper to be used.
- Second, place one of the Round Points from the Large Spreading Caliper to the base of the palm, then slide the other Round Point to the tip of the middle finger of the model's left palm. Like the illustration in the picture.
- Third, the measurement results will be obtained from the Left Hand Left.

e. Branches Measurement
- First, prepare Branches Measurement to be used.
- Second, prepare the Bar A Anthropometer Beam then combine it with one Sliding Block Branches Measurement.
- Third, place one of the Round Points from Branches Measurement. to the base of the palm, then slide the other Round Point to the tip of the middle finger of the model's left palm. Like the illustration in the picture.
- Fourth, the measurement results will be obtained from Hand Length, Left.

Sliding Caliper

Large Spreading Caliper

Anthropometer

Small Spreading Caliper

Branches Measurement Curves

45. hip circumference, maximum,height

Measuring instrument used: Anthropometer

Hip Circumference Maximum Measurement, Height is a measurement High waist standing position. How to measure as follows.

a. Anthropometer.
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer bars D and C then combine one Sliding Block Anthropometer.
- Third, place the D beam that has been arranged at the base of the model footing and prioritize it perpendicularly, then pull the Sliding Block Anthropometer up to the waist of the model. Like the illustration in the picture.
- Fourth, the measurement results will be obtained from HIP CIRCUMFERENCE MAXIMUM, HEIGHT.

Anthropometer

46. shoulder breadth bideltoid

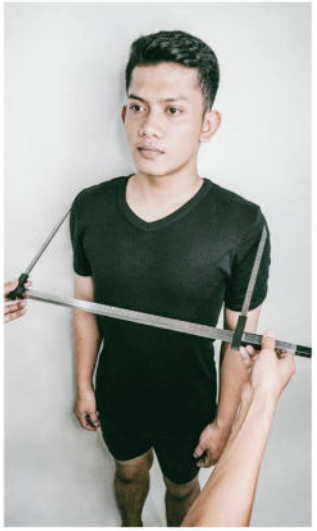
Measuring instrument used: Anthropometer, Large Spreading Caliper and Branches Measurement

Shoulder Breadth measurement (bideltoid) is a measurement of width maximum shoulder in a standing position. How to measure as follows.

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, Prepare the Anthropometer Beam A, then combine it with a Sliding Block Anthropometer.
- Third, put / attach one end of the Anthropometer Sliding Block to one shoulder, then slide the other slide until it sticks to the other shoulder, as illustrated in the picture.
- Fourth, the measurement results from Shoulder breadth (bideltoid) will be obtained.

b. Large Spreading caliper
- First, Prepare the Large Spreading Caliper to be used.
- Second, attach one of the Round Points of the Large Spreading Caliper to the point of one shoulder of the model, then slide the other Sliding Block up to the other shoulder. Like the illustration in the picture.
- Third, the measurement results will be obtained from Shoulder breadth (bideltoid)

c. Branches Measurement
- First, prepare the Anthropometer to be used.
- Second, Prepare Anthropometer Beams A, then combine with Branches Measurement.
- Third, place / attach one end of the Branches Measurement to one shoulder, then slide the other Branches Measurement until it attaches to the other shoulder, as illustrated in the picture.
- Fourth, the results of measurements will be obtained from Shoulder breadth (bideltoid).



Anthropometer

Large Spreading Caliper

Branches Measurement Curves

47. crotch height

Measuring instrument used: Anthropometer

Crotch Height Measurement is a measurement of pubic height.
How to measure as follows.

a. Anthropometer.
- First, prepare the Anthropometer to be used.
- Second, Prepare the Anthropometer Beams Bar D, C and B then arrange the three Anthropometer beams after that combine with one Sliding Block Anthropometer.
- Third, place the Anthropometer D Beam which has been arranged at the base of the model, prioritizing perpendicular, then pull the Sliding Block up to the Crotch point, as illustrated in the picture.
- Fourth, you will get the measurement results from Crotch Height.

Anthropometer

48. stature

Measuring instrument used: Anthropometer

Stature measurement is a measurement of the height of the model. How to measure is as follows.

a. Anthropometer.
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer beam D, C, B and A then arrange the four Anthropometer beams after that combine with one Sliding Block Anthropometer.
- Third, place the Anthropometer beam that has been arranged to the bottom of the Model footing and prioritize it perpendicular to the model, then pull the Anthropometer Sliding block up until it sticks to the top of the model's head, as illustrated in the picture.
- All four will get the measurement results from Stature.

Anthropometer

49. subscapular skinfold, right

Measuring instrument used: Sliding Caliper

Subscapular Skinfold measurement is a measurement of flexibility large triangular muscles that fill the subscapular (subscapular) fossa.
How to measure is as follows.

a. Sliding Caliper
- First, Prepare the Sliding Caliper to be used.
- Second, drag the Subscapular part of the model to the last bending point then place one Sliding Caliper point at the starting point and another point at the end of the Subscapular skin's flexibility. Like the picture illustration.
- Third, the measurement results will be obtained from the Subscapular Skinfold, Rigth.

Sliding Caliper

50. thumb tip reach, right

Measuring instrument used: Anthropometer

Thumb Tip Reach measurement is a measurement made to measure the distance from back to fingertips, with the hands perpendicular to the fore. The measurement method is as follows:

a. Anthropometer
- First, prepare an Anthropometer that will be used.
- Second, put one point on the Sliding Block on the back of the model, then pull the other Sleding Block to the fingertips of the model.
- Third, you will get the required Thumb Tip Reach measurement results.

Anthropometer

51. triceps skinfold

Measuring instrument used: Sliding Caliper

Triceps Skinfold measurement is a distance measurement of the level of flexibility in a human arm. The measurement method is as follows:

a. Sliding Caliper
- First, prepare the Sliding Caliper to be used.
- Second, pull the arms of the model to the last flexural point, then place one Sliding Caliper point at the starting point and another point at the end of the arm skin elasticity.
- Third, you will get the required TRICEPS SKINFOLD measurement results.

Sliding Caliper

52. biepicondylar width of humerus

Measuring instrument used: Sliding Caliper and Small Spreading Caliper

The measurement of Biepicondylar Width of Humerus is the measurement of the distance between the lateral epicondyle and medial epicondyle of the humerus (upper arm bone). The measurement procedure is as follows:

a. Sliding Caliper
- First, prepare the Sliding Caliper to be used.
- Second, the position of the model standing one hand bent upward as in the example image, then place the Sliding Caliper A point on Humerus point A and put the Sliding Caliper B point on the Humerus point B.
- Third, we will get the required Biepicondylar Width OF Humerus measurements.

b. Small Spreading Caliper
- First, prepare the Small Spreading Caliper to be used.
- Second, the standing position model then one hand bent upwards like in the example image, then place the Small Spreading Caliper A point on Humerus point A and place the Small Spreading Caliper B point on the Humerus point B.
- Third, we will get the required Biepicondylar Width OF Humerus measurements.

Sliding Caliper

Small Spreading Caliper

53. biepicondylar width of femur

Measuring instrument used: Sliding Caliper and Small Spreading Caliper

Measurement of Biepicondylar Width of Femur is a measurement of distance between Femur points on human feet. The method of measurement carried out is as follows:

a. Sliding Caliper
- First, prepare the Sliding Caliper to be used.
- Second, the position of the model standing one foot bent backwards as in the example image, then place the Sliding Caliper A point on Femur point A and put the Sliding Caliper B point on Femur point B.
- Third, we will get the required Biepicondylar Width OF Femur measurement results.

b. Small Spreading Caliper
- First, prepare the Small Spreading Caliper to be used.
- Second, the model position standing one foot bent backward as in the example image, then place the Small Spreading Caliper A point on Femur point A and place the Small Spreading Caliper B point on Femur point B.
- Third, we will get the required Biepicondylar Width OF Femur measurement results.

Sliding Caliper

Small Spreading Caliper

54. waist height preferred

Measuring instrument used: Anthropometer

Preferred Waist Height Measurement is a measurement of the distance from the top of the foot to the selected waist on the human body.
The method of measurement carried out is as follows:

a. Anthropometer
- First, Prepare the Anthropometer to be used
- Second, Stand up and attach the Anthropometer beam with a Sliding Block then place the beam on the floor. After that, drag the Sliding block up to the waist point as illustrated in the picture.
- Third, you will get the required Waist Height Preferred measurements.

Anthropometer

55. acromial height, standing,left

Measuring instrument used : Anthropometer

Measurement of Acromion Height, Standing, Left is a measurement of height from the base of the model footing platform to the left shoulder. How to measure as follows.

a. Anthropometer
- First, Prepare the Anthropometer to be used
- Second, Stand up and attach the Anthropometer beam with a Sliding Block and then place the beam on the floor. After that, drag the Sliding block up to the point of the left shoulder as shown.
- Third, the measurement results of Acromion Height, Standing Left will be obtained.

Anthropometer

56. acromial height, standing right

Measuring instrument used: Anthropometer

Measuring Acromion Height, Standing Right is a measurement of height from the base of the model footing platform to the left shoulder.
How to measure as follows.

a. Anthropometer
- First, Prepare the Anthropometer to be used
- Second, prepare the anthropometer bars D, C and B then combine them. Then combine them again with the one sliding block.
- Third, place the anthropometer D beam at the base of the floor of the model. Then drag one Sliding block to the Acromial Point as shown in the illustration.
- Fourth, Acromion Height, Standing Right is needed.

Anthropometer

57. acromion radiale, length,left

Measuring instrument used: Anthropometer

Acromion Measurement - Radiale Length, Left is a measurement of the distance between the left side shoulder point (Acromion) to the left hand Radiale point. The measurement method is as follows.

a. Anthropometer
- First, Prepare the Anthropometer to be used
- Second, Prepare the Anthropometer Bar D, C and B beams. Then combine again with One Sliding block.
- Third, place the anthropometer D beam at the base of the floor of the model. Then drag one Sliding block to the Acromial Point as illustrated in the picture.
- Fourth, you will get the required Acromion - Radiale Length, Left measurement results.

Anthropometer

58. acromion radiale, length,right

Measuring instrument used: Anthropometer

Measurement of Acromion - Radiale Length, Right is a measurement the distance between the right shoulder point (Acromion) to the point Right hand radiale. How to measure as follows:

a. Anthropometer
- First, prepare the Anthropometer used.
- Second, prepare the Anthropometer Bar A then connect it with Two Sliding blocks.
- Third, place one sliding block on the right shoulder point, then drag the other sliding block to the Radiale point as shown in the illustration.
- Fourth, you will get the required Acromion - Radiale Length, Right measurements.

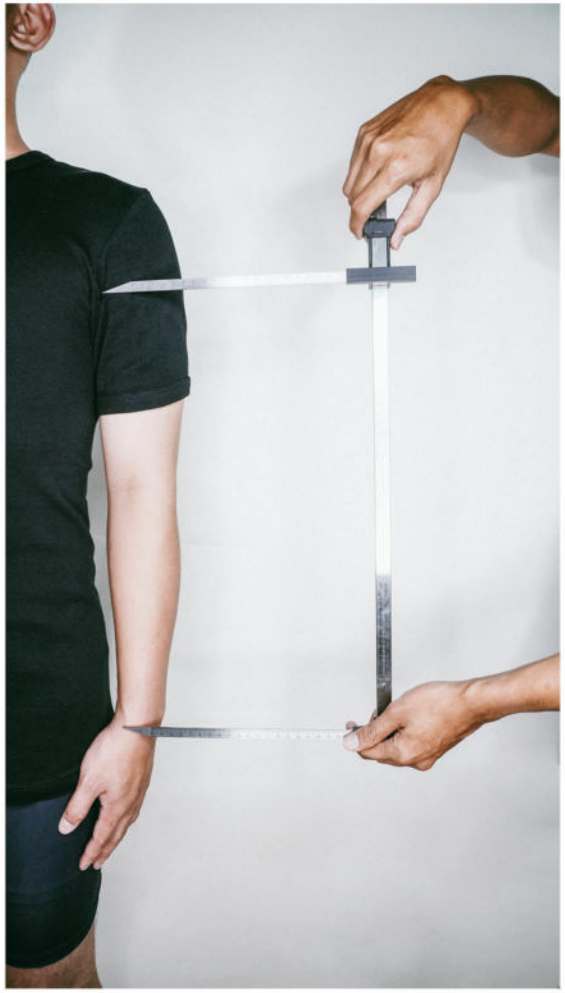
Anthropometer

59. arm inseam, left

Measuring instrument used: Anthropometer

Measurement of Arm Inseam, Left Is a measurement of the distance between the armpit to the Radial Stylioid point on the left hand.
How to measure as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer A beam and then combine it with two Sliding blocks.
- Third, place one Sliding block at the axilla point then drag the other Sliding Block up to the Styloid radial point on the right hand, as shown in the illustration.
- Fourth, you will get the required Arm Inseam Left measurement results.



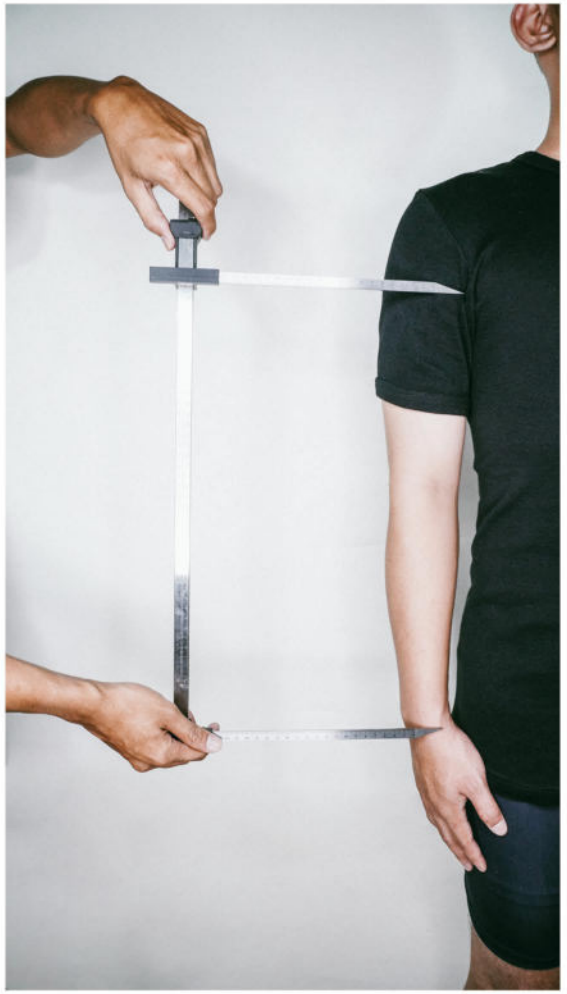
Anthropometer

60. arm inseam, right

Measuring instrument used: Anthropometer

Measurement of Arm Inseam, Right Is a measurement of the distance between the armpit point to the Radial Stylioid point on the right hand. How to measure as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer A beam and then combine it with two Sliding blocks.
- Third, place one Sliding Block at the axilla point and then pull the other Sliding Block up to the Stylioid radial point on the right hand, as shown in the illustration.
- Fourth, you will get the required Arm Inseam Right measurement results.



Anthropometer

61. axilla height, left

Measuring instrument used: Anthropometer

Axillary Measurement Height, Left is a measurement of distance or height between the ground floor of the model footing to the point of the axila point on the left hand of the model.
The measurement method is as follows:

a. Anthropometer
- First, Prepare the Anthropometer to be used.
- Second, prepare the Anthropometer D, C and B beams later Arrange the three Anthropometer Bar beams then combine them. then combine it again with the One Sliding block.
- Third, place the Antropometer D beam on the base of the stepping platform from mode. Then drag one Sliding block to the Axila Point as illustrated in the picture.
- Fourth, you will get the required Axillary Height Left measurement results.

Anthropometer

62. axilla height, right

Measuring instrument used: Antropometer

Axillary Height, Right Measurement is a measurement of distance or height between the base floor of the model footing to the axilla point at the right hand of the model.

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer D, C and B beams then arrange the three Anthropometer Bar beams. Then combine again with one Sliding block.
- Third, place the Antropometer D beam at the base of the floor of the model. Then drag one Sliding block to the Axila point as illustrated in the picture.
- Fourth, you will get the required Axillary Height Right measurement results.

Anthropometer

63. biacromial breadth

Measuring instrument used: Anthropometer, Large Spreading Caliper and Branches Measurement

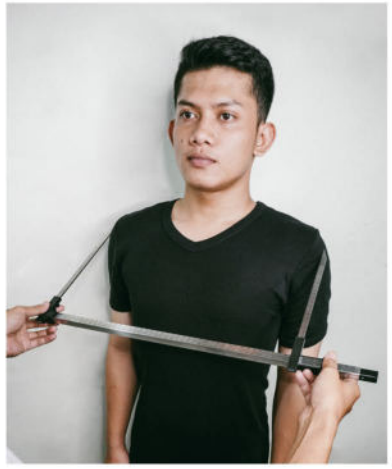
Biacromial Breadth Measurement is a measurement of the distance between Acromion Right and Acromion Left points. The chest position of the model is well-built. The method of measurement is as follows.

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer A beam then combine the two Sliding Block Anthropometers.
- Third, place one Anthropometry Sliding point to the Acromion Right Point then drag the other Sliding Block to the Acromion Left Point as illustrated.
- Fourth, the Biacromial Breadth measurement results will be obtained.

b. Large Spreading Caliper
- First, prepare the Large Spreading Caliper to be used.
- Second, place a Round Point from the Large Spreading Caliper at the Acromion Right point and then drag the other Round point to the Acromion Left point
- Third, the results of the Biacromial Breadth measurement will be obtained.

c. Branches Measurement
- First, prepare Branches Measurement to be used
- Second, prepare the Anthropometry A beam then combine the two Sliding Block Branches Measurement
- Third, place one Round Point from Branches Measurement at the Acromion Right point and then drag the other Round point to the Acromion Left point.
- Fourth, the Biacromial Breadth measurement results will be obtained.

Branches Measurement Curves



Anthropometer

Large Spreading Caliper

64. bi-cristale breadth

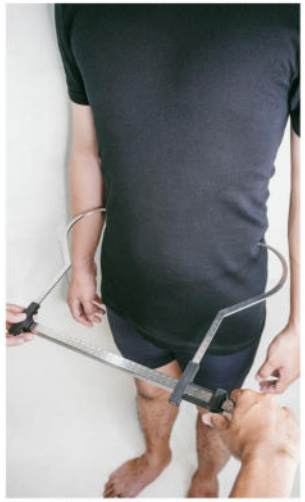
Measuring instrument used: Anthropometer, Large Spreading Caliper and Branches Measurement

BI-Cristale Breadht measurement is the distance between the points in the waist area or the so-called measurement between the iliocristale Right point and the iliocristale Left point. The measurement method is as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used
- Second, prepare the Anthropometer A beam then combine the two Sliding Block Anthropometers.
- Third, place one Anthropometer Sliding point to the Point Iliocostalis Right then drag the other Sliding Block to the Point Iliocristale Left as illustrated in the picture.
- Fourth, the measurement results will be obtained from Bi-krystal Breath.

b. Large Spreading Caliper.
- First, prepare the Large Spreading Caliper to be used.
- Second, place a Round Point from the large Spreading Caliper to the Iliocristale Right point then drag the other Round Point to the Iliocristale Left point as illustrated in the picture.
- Third, the measurement results from Bi-Krystal Breath will be obtained.

c. Branches Measurement.
- First, prepare Branches Measurement to be used.
- second, prepare the Anthropometry A beam and then join the two Sliding Branches Measurement blocks.
- Third, place the Round Point from Branches Measurement to the Iliocostalis Right point, then drag the other sliding block to the Iliocristale Left point as illustrated in the picture.
- Fourth, the measurement results will be obtained from Bi-Crystal Breath.



Branches Measurement Curves

Anthropometer

Large Spreading Caliper

65. bi-spinous breadth

Measuring instrument used : Anthropometer, Small Spreading Caliper, Large Spreading Caliper, Branches Measurement and Sliding Caliper

BI-Spinous Breadht measurement is a measurement of distance in the urinary area or also called measurement of distance between Spinous points. The method of measurement is as follows.

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer Beam A and then combine it with a Sliding Block Anthropometer.
- Third, place one Sliding Block to the Spinous point then drag the other Sliding Block to the other Spinous point as illustrated in the picture.
- Fourth, the measurement results will be obtained from Bispinous Breadth.

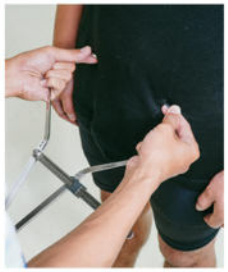
b. Small Spreading Caliper
- First, prepare the Small Spreading Caliper to be used.
- Second, place the Round Point from the Small Spreading Caliper to the Spinous point and then drag the other Round Point to the other Spinous point as illustrated in the picture.
- Third, the measurement results will be obtained from Bispinous Breadth.

c. Large Spreading Caliper
- First, prepare the Large Spreading Caliper to be used.
- Second, place the Round Point of the Large Spreading Caliper to the Spinous point then drag the other Round Point to the other Spinous point as illustrated in the picture.
- Third, the measurement results will be obtained from Bispinous Breadth.

d. Branches Measurement
- First, prepare Branches Measurement to be used.
- Second, prepare the Anthropometry A Block and then connect it to a Sliding Block Branches Measurement.
- Third, place the Round point from Branches Measurement to the Spinous point, then drag the other Branches sliding block to the other Spinous point as illustrated in the picture.
- Fourth, the measurement results will be obtained from Bispinous Breadth.

e. Sliding Caliper
- First, prepare the Sliding Caliper to be used.
- Second, place the end of the Sliding Caliper A at the Spinous point and then pull the end of the Sliding Caliper B to the other Spinous point, as illustrated in the picture.
- Third, the measurement results will be obtained from Bispinous Breadth.

Anthropometer



Small Spreading Caliper

Branches Measurement Curves

Sliding Caliper

Large Spreading Caliper

66. cervicale height

Measuring instrument used: Anthropometer

Cervical Height Measurement is a measurement of the height of the neck from the base of the model footing, or what is called Cervical Point height. The method of measurement is as follows:

a. Anthropometer.
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer beam D, C, B and A then combine it with one Sliding Block Anthropometer.
- Third, place the Anthropometer beam that has been joined to the base of the model's foothold and then drag the Sliding block to the nape or Cervical point as illustrated in the picture.
- Fourth, the measurement results will be obtained from Cervical Height.

Anthropometer

67. bi-trochanteric breadth,standing

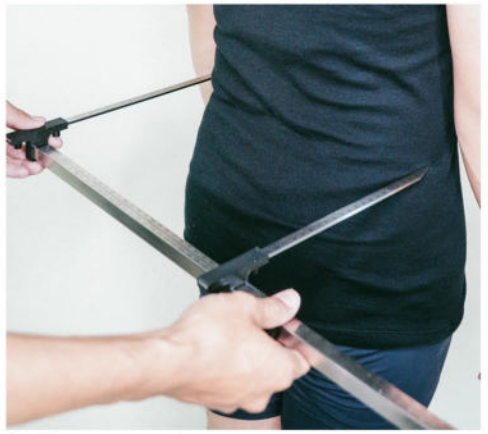
Measuring instrument used: Anthropometer, Large Spreading Caliper and Branches Measurement

BI-Trohanteric Breadht Measurement, Standing is a measurement hip width. How to measure as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer A beam combined with a sliding Anthropometer block.
- Third, place one end of the Sliding Block to the right hip then pull the other Sliding Block up to the other hip point as illustrated in the picture.
- Fourth, you will get the measurement results from Bitrochanteric breadth.

b. Large Spreading Caliper
- First, prepare the Large Spreading Caliper to be used.
- Second, place the round point from the Large Spreading Caliper to the right hip point and then pull the other round point to the left hip point as illustrated in the picture.
- Third, the measurement results will be obtained from Bitrochanteric Breadth.

c. Branches Measurement
- First, prepare Branches Measurement to be used.
- Second, prepare the Anthropometry A beam and connect it to the sliding block Branches Measurement.
- Third, place one end of the Sliding Block to the right hip then pull the other Sliding Block up to the other hip point as illustrated in the picture.
- Fourth, the measurement results will be obtained from the Bi-Trohateric Breadth.



Anthropometer

Large Spreading Caliper

Branches Measurement Curves

68. bustpoint-bustpoint breadth

Measuring instrument used: Anthropometer, Sliding Caliper Small Spreading Caliper, Large Spreading Caliper and Branches Measurement

Bust Point-Bust Point Measurement Breadth is a measurement of the distance / width between the nipples to one another. How to measure as follows.

a. Anthropometer
- First, prepare the Anthropometer to be used.
- second, prepare the Anthropometer A beam then combine it with the Sliding Block Anthropometer.
- Third, place the end of one Sliding block on the nipple or Bustpoint point and then drag the other Sliding Block to the nipple point or the other Bustpoint point. Like the illustration in the picture.
- Fourth, the results will be obtained from the measurement of Bust Point-Bust Point Breadth.

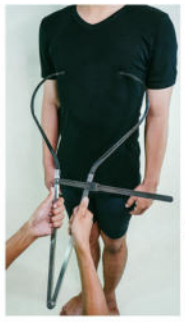
b. Sliding Caliper
- First, prepare the Sliding Caliper to be used.
- Second, place the end of one of the Sliding Caliper to the right Bustpoint point of the model then drag the other end of the Sliding Caliper to the other Bustpoint point. Like the illustration in the picture.
- Third, the measurement results will be obtained from Bustpoint-Bustpoint Breadth.

c. Small Spreading Caliper
- First, prepare the Small Spreading Caliper to be used.
- Second, place one of the Round points from the Small Spreading Caliper to the right Bustpoint point of the model and then drag the other Round Point to the other Bustpoint point. Like the illustration in the picture.
- Third, the measurement results will be obtained from Bushpoint-Bust Point Breadth.

d. Large Speading caliper
- First, prepare the Large Spreading caliper to be used.
- Second, place one of the Round points from the Large Spreading Caliper to the right Bustpoint point of the model and then drag the other Round Point to the other Bustpoint point. Like the illustration in the picture.
- Third, the measurement results from Bustpoint-Bustpoint will be obtained.

e. Branches Measurement.
- First, prepare Branches Measurement to be used.
- Second, prepare the Anthropometry A beam and connect it to the Sliding Block Branches Measurement.
- Third, place the Round point of one of the Branches Measurement to the right bustpoint point of the model then drag the other Round point to the other Buspoint point. Like the picture illustration.
- Fourth, the measurement results will be obtained from Bust Point-Bust Point Breadth.

Branches Measurement Curves



Large Spreading Caliper **Sliding** Caliper

Small Spreading Caliper

Anthropometer

69. chest height

Measuring instrument used: Anthropometer

Chest Height Measurement is a measurement of the height of the model being measured. How to measure as follows.

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer beam D, C, B and A then combine it with one Sliding Block Anthropometer.
- Third, place the Anthropometer beam on the floor or footing of the model and then pull the Sliding Block up to the top of the model head as illustrated.
- Fourth, the measurement results will be obtained from Chest Height.

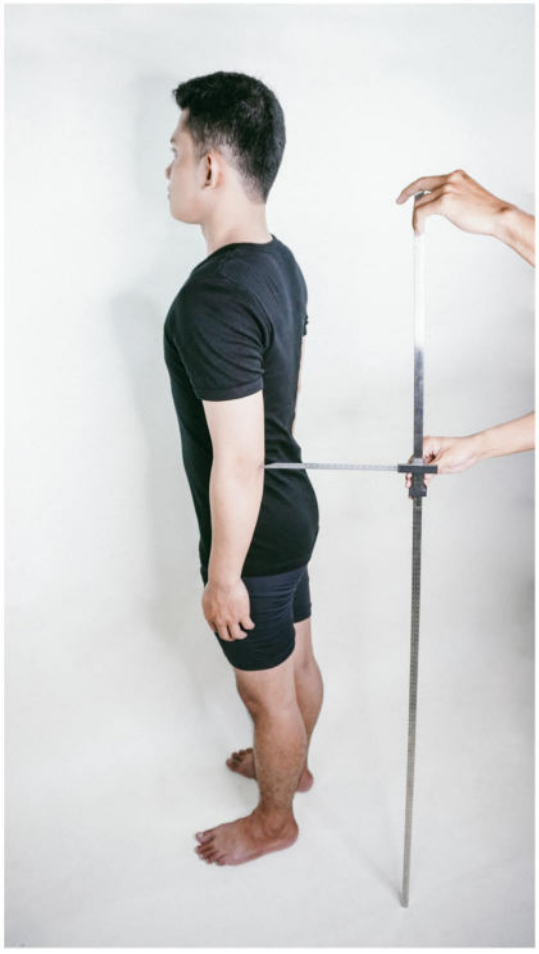
Anthropometer

70. elbow height, standing left

Measuring instrument used: Anthropometer

Elbow Height, Standing, Left Measurement is a measurement of the height of the left elbow of the foot. How to measure as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer beam D, AC, B and A then combine it with one Sliding Block Anthropometer.
- Third, place the Anthropometer beam at the base of the floor of the model and then pull the Sliding Block up to the end of the Sliding block to the left elbow point of the model. Like the picture illustration.
- Fourth, the measurement results will be obtained from Elbow Height, Standing, Left.



Anthropometer

71. elbow height, standing right

Measuring instrument used: Anthropometer

Elbow Height, Standing, Right Measurement is a measurement of the height of the right elbow of the foot. How to measure as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer beam D, AC, B and A then combine it with one Sliding Block Anthropometer.
- Third, place the Anthropometer beam at the base of the floor of the model and then pull the Sliding Block up to the end of the Sliding block to the right elbow point of the model. Like the picture illustration.
- Fourth, the measurement results will be obtained from Elbow Height, Standing, Right.

Anthropometer

72. infraorbitale height, standing left

Measuring instrument used: Anthropometer

Measurement of Infraorbitale Height, Standing, Left is a measurement of the height of the left eye of the foot. How to measure as follows.

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer beam D, AC, B and A then combine it with one Sliding Block Anthropometer.
- Third, place the Anthropometer beam at the base of the floor of the model and then pull the Sliding Block up to the point parallel to the left eye of the model as illustrated.
- Fourth, the measurement results will be obtained from Infraorbitale Height, Standing, left.

Anthropometer

73. infraorbitale height, standing right

Measuring instrument used: Anthropometer

Measurement of Infraorbitale Height, Standing, Right is a measurement of the height of the right eye of the foot. How to measure as follows.

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer beam D, AC, B and A then combine it with one Sliding Block Anthropometer.
- Third, place the Anthropometer beam at the base of the floor of the model and then pull the Sliding Block up to the point parallel to the right eye of the model as illustrated.
- Fourth, the measurement results will be obtained from Infraorbitale Height, Standing, right.

Anthropometer

74. interscye distance

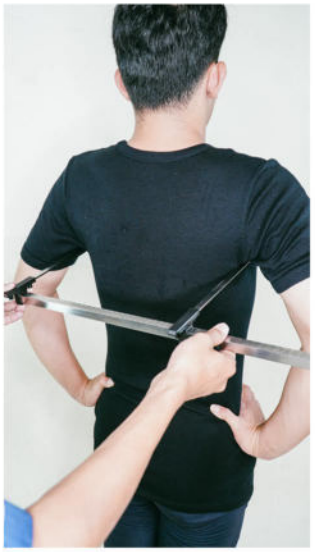
Measuring instrument used: Anthropometer, Large Spreading Caliper, Branches Measurement

Interscye Distance Measurement is a measurement of the distance between the left armpit to the right armpit or measurement of the distance between the point of the left Axilla point to the Right Axilla point. How to measure as follows.

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer A beam and combine it with Sliding Block Anthropometer.
- Third, place the end of one of the Sliding Block to the point Left Axilla Point then pull the other Sliding Block up to the right Axilla point as illustrated in the picture.
- Fourth, the measurement results will be obtained from Interscye Distance.

b. Large Spreading Caliper
- First, prepare the Large Spreading Caliper to be used.
- Second, place one of the Round Points of Large Spreading Caliper to the left Axilla Point then pull the other Round Point get to the right Axilla Point point as illustrated in the picture.
- The third measurement results will be obtained from Interscye Distance.

c. Branches Measurement
- First, Prepare the Branches Measurement to be used.
- Second, prepare the Anthropometer A beam and combine it With Sliding Block Branches Measurement.
- Third, place one of the Round Points of the Branches Measurement at the left Axilla point then drag the other Branches Measurement sliding block arrived to the right Axilla point as illustrated in the picture.
- Fourth, the measurement results will be obtained from Interscye Distance.



Anthropometer

Large Spreading Caliper

Branches Measurement Curves

75. knee height, standing left

Measuring instrument used: Anthropometer

Knee height, Standing, Left measurements are measurements left knee height. How to measure as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer D beam then combine it with one Sliding Block Anthropometer.
- Third, place the Anthropometer D beam perpendicular leg then pull the sliding block up to the point of the left knee.
- Fourth, the measurement results will be obtained from Knee Height, Standing, Left.

Anthropometer

76. knee height, standing right

Measuring instrument used: Anthropometer

Knee Height, Standing, Right measurements are height measurements of right knee height. The measurement method is as follows:

a. Anthropometer

- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer D beam then combine it with one Sliding Block Anthropometer.
- Third, place the Anthropometer D beam perpendicular leg then pull the sliding block up to the point of the right knee.
- Fourth, the measurement results will be obtained from Knee Height, Standing, right.

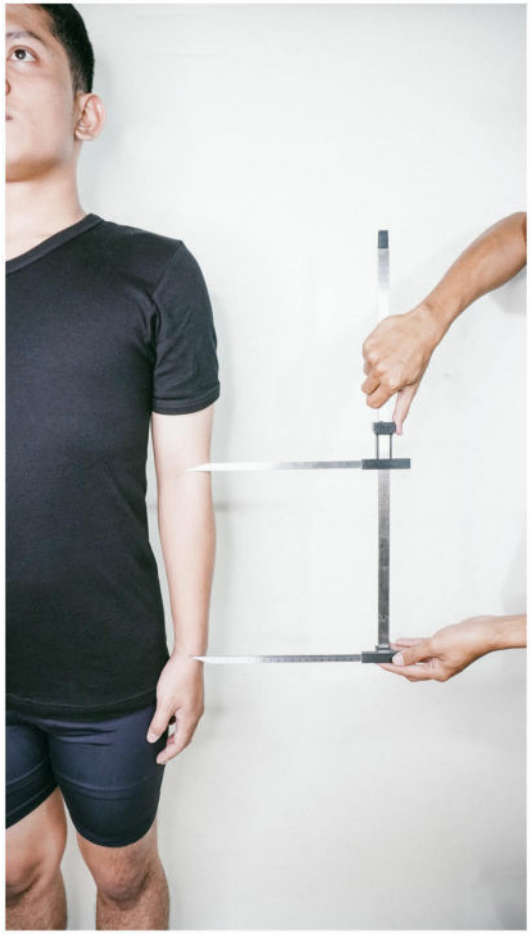
Anthropometer

77. radiale-stylion, length left

Measuring instrument used: Anthropometer

Radiale-Stylion Length, Left Measurement is a measurement of the distance between the wrist point (Styloid ulnar point) to the Radiale point on the left hand. How to measure as follows.

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer A beam and combine it with one Sliding Block Anthropometer.
- Third, place one end of the Sliding Block the Anthropometer to the last Ulnar Styloid point
- Pull the other Sliding Block Anthropometer to the point Radiale on the left hand. Like the illustration in the picture.
- Fourth, the measurement results will be obtained from Radiale-Stylion, Lenght, Left.



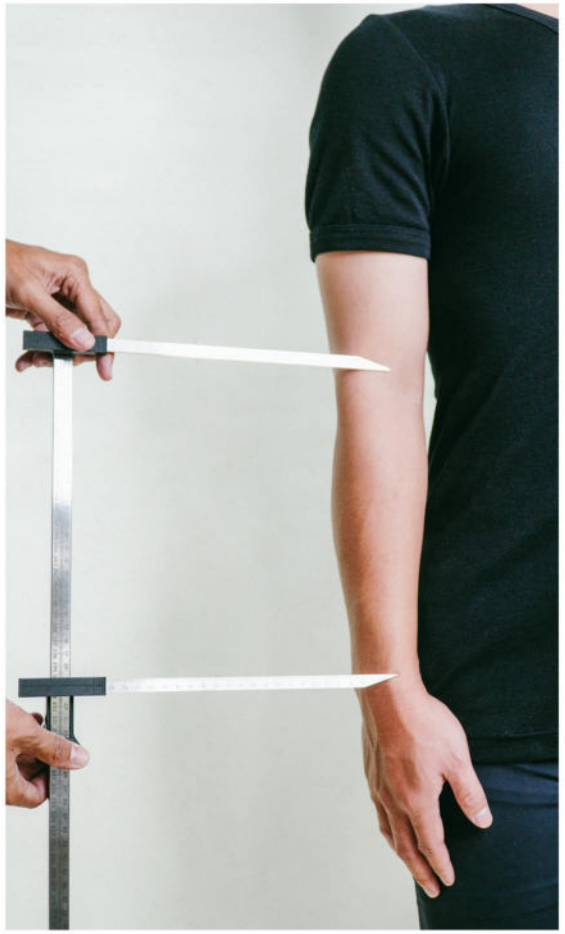
Anthropometer

78. radiale-stylion, length right

Measuring instrument used: Anthropometer

Radiale-Stylion Length, Right Measurement is a measurement of the distance between the wrist point (Styloid ulnar point) to the Radiale point on the right hand. How to measure as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer A beam and combine it with one Sliding Block Anthropometer.
- Third, place one end of the Sliding Block the Anthropometer to the last Ulnar Styloid point.
- Pull the other Sliding Block Anthropometer to the point Radiale on the right hand. Like the illustration in the picture.
- Fourth, the measurement results will be obtained from Radiale-Stylion, Lenght, Right.



Anthropometer

79. sleeve outseem, length left

Measuring instrument used: Anthropometer

Measurement of Sleeve Outseam Length, Left is a measurement of the distance between the shoulder (Acromion point) to the wrist (radial point), on the left hand. The measurement method is as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer A beam and combine it with Sliding Block Anthropometer.
- Third, place the end of one of the Sliding Block to the point Acromion on the shoulder, then pull the other Sliding Block up to the Radial point on the left wrist. As Illustration on the picture.
- Fourth, the measurement results will be obtained from Sleeve Outseem length, Left.

Anthropometer

80. sleeve outseem, length right

Measuring instrument used: Anthropometer

Measurement of Sleeve Outseam Length, Right is a measurement of the distance between the shoulder (Acromion point) to the wrist (radial point), on the right hand. The measurement method is as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer A beam and combine it with Sliding Block Anthropometer.
- Third, place the end of one of the Sliding Block to the point Acromion on the shoulder, then pull the other Sliding Block up to the Radial point on the right wrist. As Illustration on the picture.
- Fourth, the measurement results will be obtained from Sleeve Outseem length, Right.

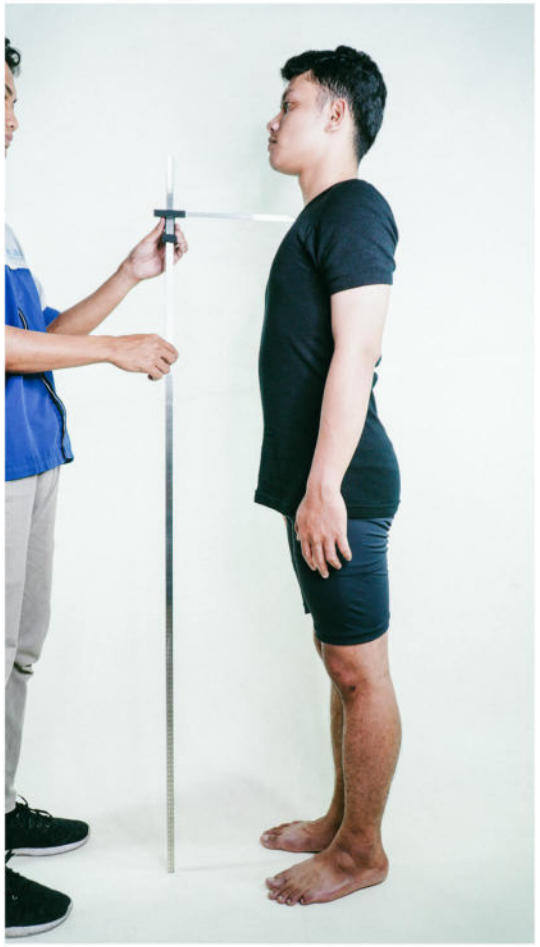
Anthropometer

81. suprasternale height

Measuring instrument used: Anthropometer

Suprasternal Height Measurement is a measurement of middle chest height or Suprasternal point. How to measure as follows:

a. Antropometer
- First, prepare the Anthropometer to be used.
- Second, combine the Anthropometer beams D, C, B and A then arrange 4 anthropometer beams after that combine with One Sliding Block Anthropometer.
- Third, place the Antropometer D beam on the floor or floor step the model, then drag the Sliding block to the point Suprasternale, like the illustration in the picture.
- Fourth, the measurement results will be obtained from Suprasternal Height



Anthropometer

82. trochanter height left

Measuring instrument used: Anthropometer

Left Trochanter Height Measurement is a measurement of the left thigh bone height. How to measure as follows.

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer D, C and B beams then arrange 3 anthropometer beams after that combine with One Sliding Block Anthropometer.
- Third, place the Antropometer D beam on the floor or floor step the model, then pull the Sliding block all the way to the left thigh or Trochanter point on the left, like the illustration in the picture.
- Fourth, the measurement results will be obtained from Trochanter Height, Left.

Anthropometer

83. trochanter height right

Measuring instrument used: Anthropometer

Right Trochanter Height Measurement is a measurement of the right thigh bone height. How to measure as follows.

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer D, C and B beams then arrange 3 anthropometer beams after that combine with One Sliding Block Anthropometer.
- Third, place the Antropometer D beam on the floor or floor step the model, then pull the Sliding block all the way to the right thigh or Trochanter point on the right, like the illustration in the picture.
- Fourth, the measurement results will be obtained from Trochanter Height, Right.

Anthropometer

84. waist back (cervical to waist) length

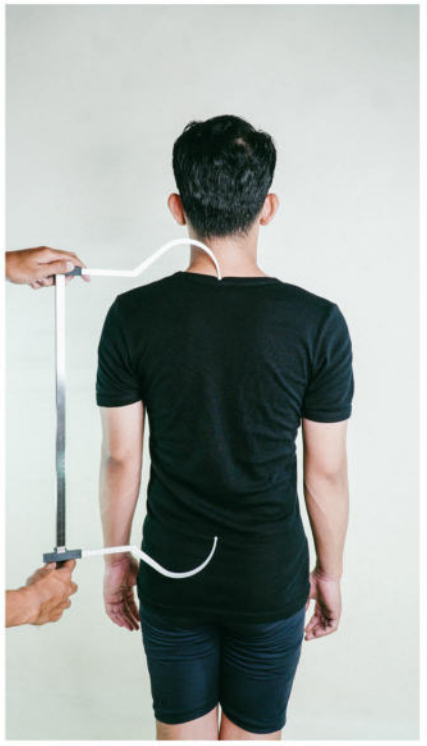
Measuring instrument used: Anthropometer, Branches Measurement

Measurement of Waist Bag (Cervical to Waist) Length is a measurement of the distance from the back (cervical point) to the point above the buttocks (waist point, preferred).
The measurement method is as follows:

a. Anthropometer
- First, prepare the anthropometer that will be used.
- Second, prepare the Anthropometer A beam and combine it Sliding Block Anthropometer.
- Third, place one end of the Sliding Block onto your back (Cervical) then pull the other Sliding Block to the point of Waist, Preferred. Like the illustration in the picture.
- Fourth, the measurement results will be obtained from the Waist Back (Cervical To Waist) Length.

b. Branches Measurement
- First, prepare Branches Measurement.
- Second, prepare the Anthropometer Beam A and combine it with one Sliding Block Branches Measurement.
- Third, place one of the Round Points of the Branches Measurement to the back (Cervical point), then pull the other Sliding Block gets to the point of Waist, preferred.
Like the illustration in the picture.
- Fourth, the measurement results will be obtained Waist back (Cervical To waist) Lenght.

Anthropometer



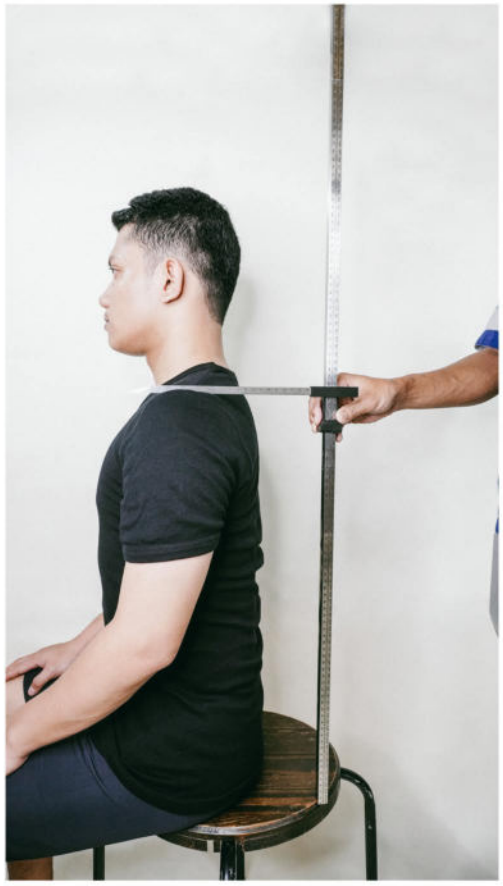
Branches Measurement Curves

85. acromical height sitting (comfortable) left

Measuring instrument used: Anthropometer

Measurement of Acromion Height, Sitting (comfortable), Left is a measurement of the height of the left shoulder when sitting relaxed/ comfortable. The measurement method is as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the anthropometer beam D, C and B then Arrange 3 anthropometer beams then combine One sliding block.
- Third, place the blocks that have been arranged on a chair or model seat then pull one of the Sliding Block up to the left shoulder or point (acromion). Like the illustration in the picture.
- Fourth, the measurement results will be obtained from Acromial Height, Sitting (comfortable), Left.



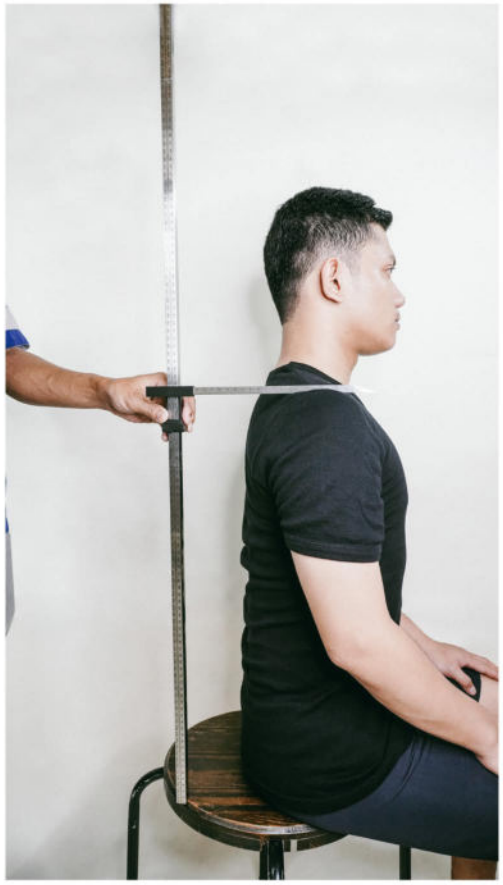
Anthropometer

86. acromical height sitting (comfortable) right

Measuring instrument used: Anthropometer

Measurement of Acromion Height, Sitting (comfortable), Right is a measurement of the height of the right shoulder when sitting relaxed / comfortable. The measurement method is as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the anthropometer beam D, C and B then Arrange 3 anthropometer beams then combine One sliding block.
- Third, place the blocks that have been arranged on a chair or model seat then pull one of the Sliding Block up to the right shoulder or point (acromion). Like the illustration in the picture.
- Fourth, the measurement results will be obtained from Acromial Height, Sitting (comfortable), Right.



Anthropometer

87. bi-lateral femoral epicondyle breadth sitting (comfortable)

Measuring instrument used: Anthropometer, Large Spreading Caliper and Branches Measurement

Bi-Lateral Femoral Epicondyle Measurement Breadh Sitting (comfortable) is a measurement of two lateral points on the Epicondyle femoral around the knee, as illustrated in the figure.
The measurement method is as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer A beam and combine it with one Sliding Block Anthropometer.
- Third, place one end of the Sliding Block to the point left femoral in the knee area of the model then pull the other Sliding block to the right Femoral point, as illustrated in the picture.
- Fourth, the measurement results will be obtained from Bi-Lateral Femoral Epicondyle Breadht Sitting (comfortable).

b. Large Spreading Caliper
- First, prepare the Large Spreading Caliper to be used.
- Second, place one end of the Large Spreading Caliper to the left Femoral point in the knee area of the model then pull one point to the right femoral section.
- Third, the measurement results will be obtained from the Bi-Lateral Femoral Epicondyle Breadht Sitting (comfortable).

c. Branches Measurement
- First, prepare Branches Measurement to be used.
- Second, prepare the Anthropometer A beam and combine it with one Sliding Block Branches Measurement.
- Third, put a Round Point on one of the Sliding Block Branches Measurement to the left Femoral point in the knee area then pull the other Sliding Block up to the right Femoral tit like in the illustration.
- Fourth, the measurement results will be obtained fromBi-Lateral Femoral Epicondyle Breadth Sitting (comfortable).

Large Spreading Caliper

Branches Measurement Curves

Anthropometer

88. bi-lateral humeral epicondyle breadth sitting (comfortable)

Measuring instrument used: Anthropometer, Large Spreading Caliper and Branches Measurement

Bi-Lateral Humeral Epicondyle Measurement Breadht Sitting (comfortable) is a measurement of two lateral points on the Humeral Epicondyle that is around the elbow, as illustrated in the picture. The measurement method is as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer A beam and combine it with one Sliding Block Anthropometer.
- Third, put one end of the Sliding Block to the point Humeral left in the elbow area of the model then pull the other sliding block Up to the right Humeral point, like the illustration in the picture.
- Fourth, the measurement results will be obtained from Bi-Lateral Femoral Epicondyle Breadht Sitting (comfortable).

b. Large Spreading Caliper
- First, prepare the Large Spreading Caliper to be used.
- Second, place one of the Round points of Large Spreading Caliper to the left Humeral point in the elbow area of the model, then drag the other Round Point to the right humeral point, as illustrated in the picture.
- Third, the measurement results will be obtained from the Bi-Lateral Femoral Epicondyle Breadht Sitting (comfortable).

c. Branches Measurement
- First, prepare Branches Measurement to be used.
- Second, prepare the Anthropometer A beam and then combine it with a Sliding Block Branches Measurement.
- Third, place the Round Point of one of the Sliding Block Branches Measurement to the left Femoral point in the knee area then pull the other Sliding Block up to the right Femoral point as illustrated in the picture.
- Fourth, the measurement results will be obtained from the Bi-Lateral Femoral Epicondyle Breadth Sitting (comfortable).

Anthropometer

Large Spreading Caliper

Branches Measurement Curves

89. bi-trochanteric breadth sitting (comfortable)

Measuring instrument used: Anthropometer, Large Spreading caliper Dan Branches Measurement

Bi-Trochanteric Breadht, Sitting (comfortable) Measurement is a measurement of hip width or measurement of the distance of two Trochater points when sitting comfortably. The measurement method is as follows:

a. Anthropometer
- First, prepare the Athropometer that will be used.
- Second, prepare the Anthropometer A beam then combine it with a Sliding Block Anthropometer.
- Third, place one end of the Sliding Block to the left Trochanter point then drag the other Sliding Block to the right Trochanter point of the model, as illustrated in the picture.
- Fourth, the measurement results will be obtained from Bi-Trochanteric Breadht, Sitting (comfortable).

b. Large Spreading Caliper
- First, Prepare the Large Spreading Caliper to be used.
- Second, place one of the Round Points of Large Spreading Caliper to the left Trochanter point of the model then drag the other Round Point to the right Trochanter point of the model. Like the illustration in the picture.
- Third, the measurement results will be obtained from Bi-Trochanteric Breadht, Sitting (comfortable).

c. Branches Measurement
- First, prepare Branches Measurement to be used.
- Second, prepare the Anthropometer A beam then combine it with one Sliding Block Branches Measurement.
- Third, place one of the Round Points of the Branches Measurement to the left Trochanter point of the model then drag the Round Point to the right Trochanter point. Like the illustration in the picture.
- Fourth, the measurement results will be obtained from Bi-Trochanteric Breadht, Sitting (comfortable).

Anthropometer

Large Spreading Caliper

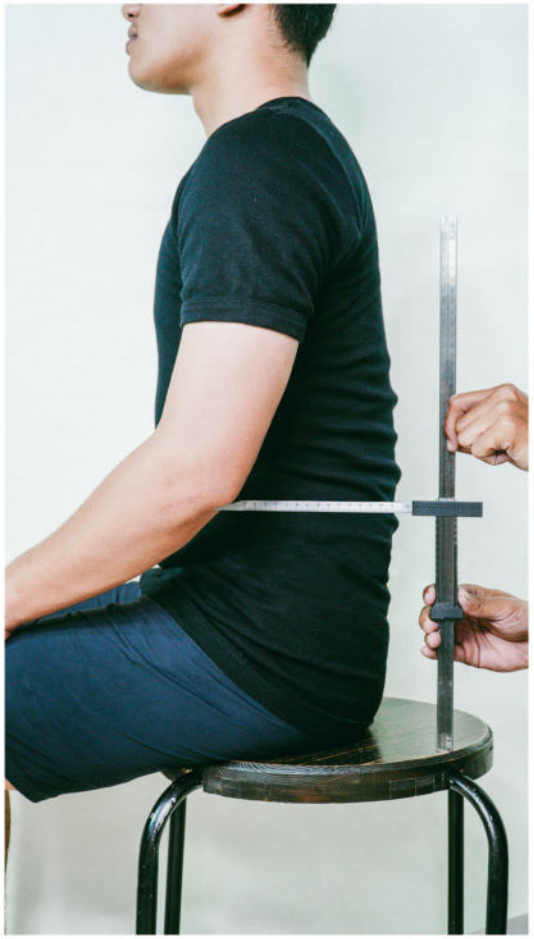
Branches Measurement Curves

90. elbow height
sitting (comfortable), left

Measuring instrument used: Anthropometer, Sliding Caliper

Elbow Height, Sitting (comfortable) measurement is a measurement of the height of the left elbow when sitting comfortably.

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer D beam then combine it with a Sliding Block Anthropometer.
- Third, place the Anthropometer D beam into the model seat then pull the Sliding Block up to the elbow point on the model's left hand as illustrated in the picture.
- Fourth, the measurement results will be obtained from Elbow Height, Sitting (comfortable), Left.



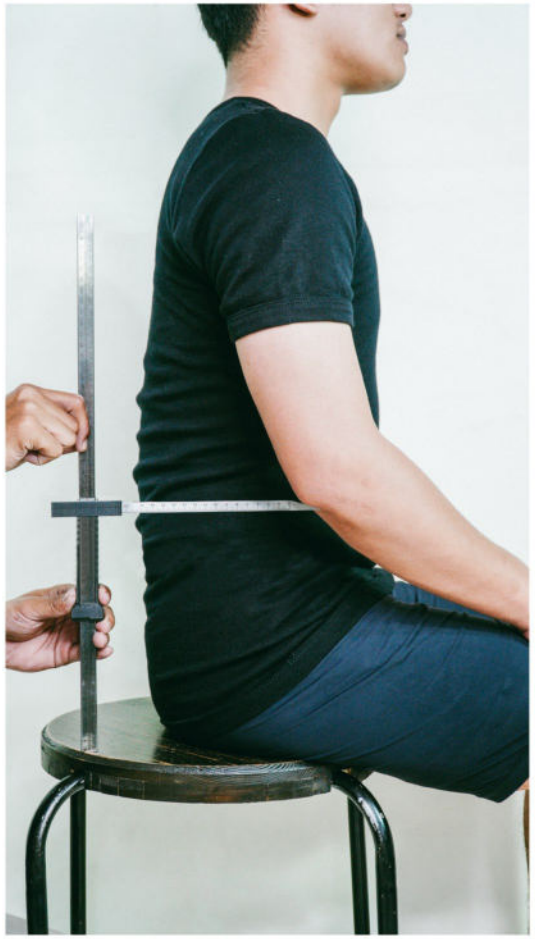
Anthropometer

91. elbow height
sitting (comfortable), right

Measuring instrument used: Anthropometer

Elbow Height, Sitting (comfortable) measurement is a measurement of the height of the right elbow when sitting comfortably.

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer D beam then combine it with a Sliding Block Anthropometer.
- Third, place the Anthropometer D beam into the model seat then pull the Sliding Block up to the elbow point on the model's right hand as illustrated in the picture.
- Fourth, the measurement results will be obtained from Elbow Height, Sitting (comfortable), Right.



Anthropometer

92. femoral epicondyle, lateral, left to malelous lateral (comfortable) left

Measuring instrument used: Anthropometer

Measurement of Femoral Epicondyle, Lateral, Left To Malelous, Lateral (comfortable), Left is a measurement of two points between the Malelous point to the Femoral point on the left leg.
The measurement method is as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer A beam then combine it Beam with one Sliding Block Anthropometer.
- Third, place one end of the Sliding Block to the Femoral point, then drag the other Sliding Block to the Malelous point on the left foot, as shown in the illustration.
- Fourth, measurement results will be obtained from Femoral Epicondyle, Lateral, Left to Malelous, Lateral (comfortable) Left.

Anthropometer

93. femoral epicondyle, lateral, right to malelous lateral (comfortable) right

Measuring instrument used: Anthropometer

Measurement of Femoral Epicondyle, Lateral, Right To Malelous, Lateral (comfortable), Right is a measurement of two points between the Malelous point to the Femoral point on the right leg.
The measurement method is as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer A beam then combine it Beam with one Sliding Block Anthropometer.
- Third, place one end of the Sliding Block to the Femoral point, then drag the other Sliding Block to the Malelous point on the right foot, as shown in the illustration.
- Fourth, measurement results will be obtained from Femoral Epicondyle, Lateral, Right to Malelous, Lateral (comfortable) Right.

Anthropometer

94. infraorbitale height, sitting (comfortable) left

Measuring instrument used : Anthropometer

Measurement of Infraorbitale Height, Sitting (comfortable), Left is a measurement of the height of the left eye when sitting.
The measurement method is as follows:

a. Anthropometer
- First, prepare the anthropometer to be used.
- Second, prepare the Anthropometer beam D, C and B then arrange the three Anthropometer beams, after that combine with one sliding Block Anthropometer.
- Third, place the Anthropometer beam into the model seat, make sure the beam is upright, then pull the Sliding Block up until the end of the Sliding block is straight with the left eye.
Like the illustration in the picture.
- Fourth, will get the measurement results from Infraorbitale Height, Sitting (comfortable) Left.

Anthropometer

95. infraorbitale height, sitting (comfortable) right

Measuring instrument used : Anthropometer

Measurement of Infraorbitale Height, Sitting (comfortable), Right is a measurement of the height of the left eye when sitting.
The measurement method is as follows:

a. Anthropometer
- First, prepare the anthropometer to be used.
- Second, prepare the Anthropometer beam D, C and B then arrange the three Anthropometer beams, after that combine with one sliding Block Anthropometer.
- Third, place the Anthropometer beam into the model seat, make sure the beam is upleft, then pull the Sliding Block up until the end of the Sliding block is straight with the right eye.
Like the illustration in the picture.
- Fourth, will get the measurement results from Infraorbitale Height, Sitting (comfortable) Right.

Anthropometer

96. trochanter to femoral epicondyle lateral (comfortable) left

Measuring instrument used: Anthropometer

Measurement of Trochanter to Femoral Epicondyle, Lateral (comfortable), Left. It is a measurement of two points between the Trochanter point to the Femoral point on the left foot.
The measurement method is as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer A beam then combine it with one Sliding Block
- Third, route one end of the Sliding block to the point Femoral on the left leg of the model then pull the other Sliding Block get to the Trochanter point, like the illustration in the picture.
- Fourth, the measurement results will be obtained from Trochanter to Femoral Epicondyle, Lateral (comfortable) Left.

Anthropometer

97. trochanter to femoral epicondyle lateral (comfortable) right

Measuring instrument used: Anthropometer

Measurement of Trochanter to Femoral Epicondyle, Lateral (comfortable), Right. It is a measurement of two points between the Trochanter point to the Femoral point on the right foot.
The measurement method is as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer A beam then combine it with one Sliding Block.
- Third, route one end of the Sliding block to the point Femoral on the right leg of the model then pull the other Sliding Block get to the Trochanter point, like the illustration in the picture.
- Fourth, the measurement results will be obtained from Trochanter to Femoral Epicondyle, Lateral (comfortable) Right.

Anthropometer

98. trochanter to seated surface (comfortable) left

Measuring instrument used: Anthropometer and Sliding Caliper

Trochanter to Seated Surface (comfortable) measurement, Left is a measurement of Trochanter height from the model seat on the left foot. The measurement method is as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer D beam then combine it with One Sliding Block Anthropometer.
- Third, place the Anthropometer D beam on the model seat make sure the beam is perpendicular, then pull the Sliding Block up to the Trochanter point of the left foot on the model, as illustrated in the figure.
- The fourth measurement results will be obtained from Trochanter to seated Surface (comfortable), Left.

b. Sliding caliper
- First, prepare a sliding caliper that will be used.
- Second, put one end of the Sliding Caliper in the seat of the model then pull up the other end of the Sliding Caliper only up to the point of the left foot Trochanter on the model, like the illustration in the picture.
- Third, the measurement results will be obtained from Trochanter to Seated Surface (comfortable), Left.

Anthropometer

Sliding Caliper

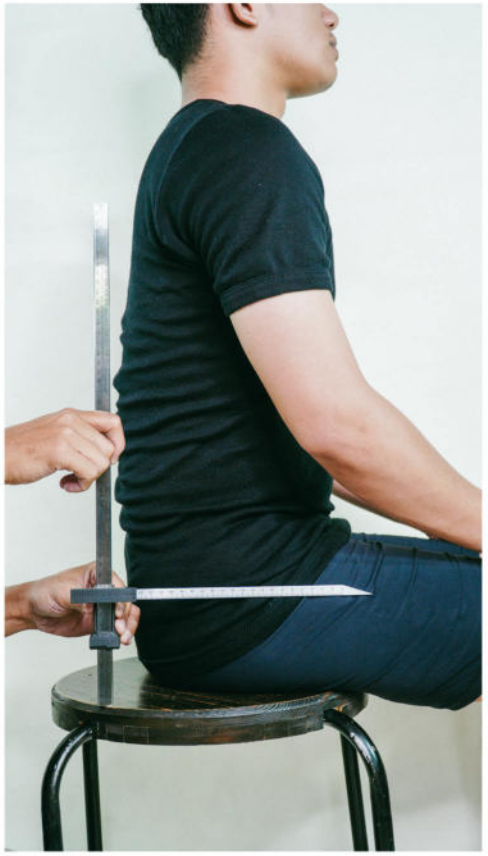
99. trochanter to seated surface (comfortable) right

Measuring instrument used: Anthropometer and Sliding Caliper

Trochanter to Seated Surface (comfortable) measurement, Right is a measurement of Trochanter height from the model seat on the right foot. The measurement method is as follows:

a. Anthropometer
- First, prepare the Anthropometer to be used.
- Second, prepare the Anthropometer D beam then combine it with One Sliding Block Anthropometer.
- Third, place the Anthropometer D beam on the model seat make sure the beam is perpendicular, then pull the Sliding Block up to the Trochanter point of the right foot on the model, as illustrated in the figure.
- The fourth measurement results will be obtained from Trochanter to seated Surface (comfortable), Right.

b. Sliding caliper
- First, prepare a sliding caliper that will be used.
- Second, put one end of the Sliding Caliper in the seat of the model then pull up the other end of the Sliding Caliper only up to the point of the right foot Trochanter on the model, like the illustration in the picture.
- Third, the measurement results will be obtained from Trochanter to Seated Surface (comfortable), Right.



Anthropometer

Sliding Caliper

100. Abdominal Depth

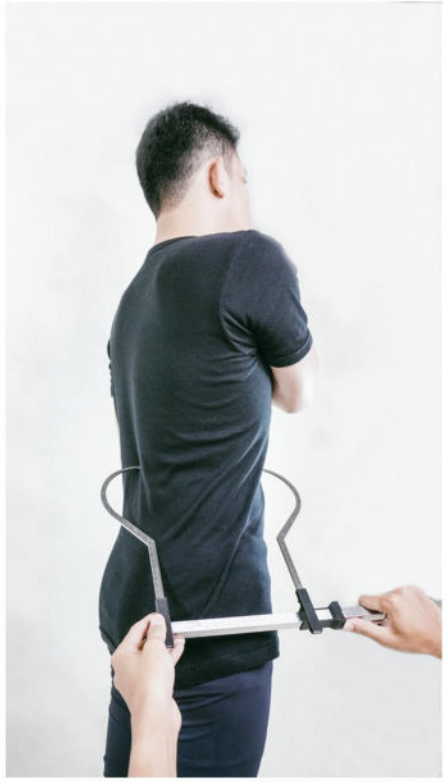
Measuring instrument used: Large Spreading Caliper and Branches Measurement

Abdominal Depth Measurement is a measurement of the thickness of the abdomen measured from the pelvis to the abdomen.
The measurement method is as follows:

a. Large Spreading Caliper
- First, prepare the Large Spreading Caliper to be used.
- Second, place one of the Round Points of Large Spreading Caliper the rear pelvis of the model, then pull the other round point comes to the belly of the model, as illustrated in the picture.
- Third, the measurement results will be obtained from Abdominal Depht.

b. Branches Measurement
- First, prepare Branches Measurement to be used.
- Second, prepare the Anthropometer A beam, then combine it with the Sliding Block Branches Measurement.
- Third, place one of the Round Points of the Branches Measurement on the pelvis of the model, then pull the other Round Point until it sticks to the belly of the model. Like the illustration in the picture.

Large Spreading Caliper



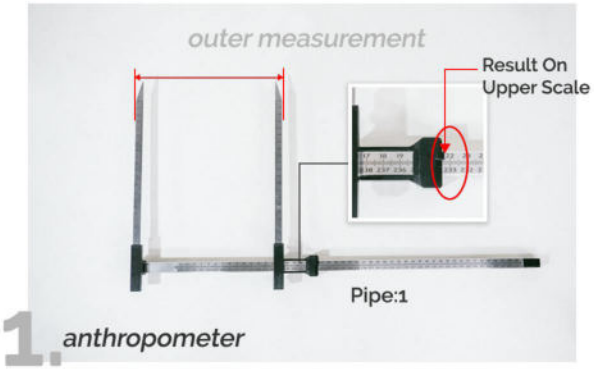
Branches Measurement Curves

anthropometric instrument details.

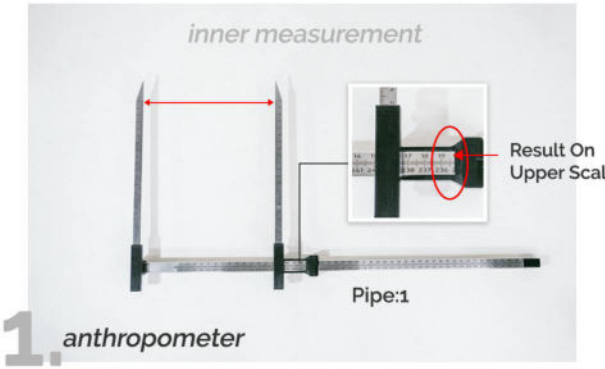
The measurement methods are stated below.

1. Anthropometer (Inner & Outer Measurement)
2. Anthropometer Stand
3. Branches Measurement Curves
4. Sliding Caliper
5. Small Spreading Caliper
6. Large Spreading Caliper

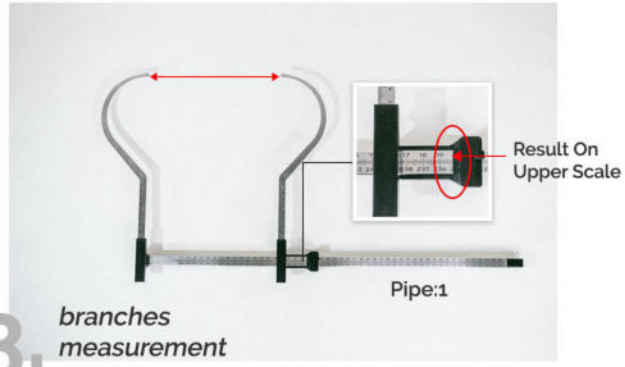
The measurment results can be seen on the red circle in every illustrations.



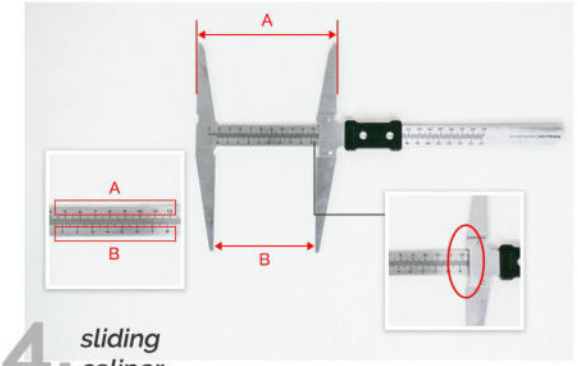
1. *anthropometer*



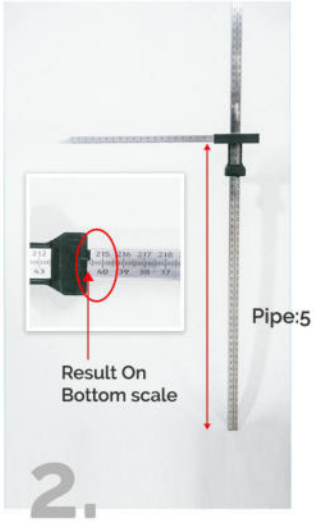
1. *anthropometer*



3. *branches measurement curves*

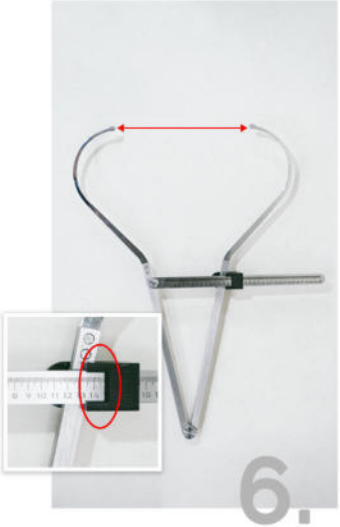


4. *sliding caliper*



2. *anthropometer stand*

5. *small spreading caliper*



6. *large spreading caliper*

METRISIS

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