



Fit3D Measurement Reference

Standard Measurements

Measurement Name	Description	Units
Neck	Circumference at mid-point of neck (typically over the larynx)	in
Chest	(Male Only) Circumference at inner point of shoulder blades	in
Bust	(Female Only) Circumference at forward most protruding point above the waist	in
Waist	Circumference at small of back	in
Hip	Circumference at rear most protruding point below the waist	in
Biceps L/R	Max Circumference of arm between shoulder and elbow	in
Forearm L/R	Max Circumference of arm between elbow and wrist	in
Thigh L/R	Max Circumference of leg between crotch and knee	in
Calf L/R	Max Circumference of leg between knee and ankle	in

Health Risk Assessment Values

Measurement Name	Description	Units
Waist-to-Hip Ratio	Industry Standard Assessment Value	unit/unit
Waist Circumference	Industry Standard Assessment Value	in

Additional Assessment Values (External)

Measurement Name	Description	Units
Body Fat %	Body fat percentage (taken externally)	unit/unit
Heart Rate	Measured in beats per minute	bpm
BP - Systolic	Systolic blood pressure measured in millimeters of mercury	mmHg
BP - Diastolic	Diastolic blood pressure measured in millimeters of mercury	mmHg
Intracellular Water	As stated, measured in pounds	lbs
Extracellular Water	As stated, measured in pounds	lbs

Extended Measurement Set

Measurement Name	Description	Units
Overarm	Circumference around body, including shoulders, taken at deltoid	in
Waist Max	Maximum circumference around mid section	in
Waist Natural	Thinnest circumference of the midsection	in
Hips Max	Max Circumference around hips	in
Knee Upper L/R	Circumference measurement, 2-inches above center knee measurement	in
Knee L/R	Circumference around center of knee	in
Chest Width	As stated	in
Waist Width	As stated	in
Hips Width	As stated	in
Torso Volume	Volume of Torso - from Waist to Chest	in ³
Arm L/R Volume	Volume of Arm from Armscye out	in ³
Leg L/R Volume	Volume of Leg from Thigh measurement down	in ³
Shoulder to Shoulder	Width measured between outer edge of shoulder	in
Armscye L/R	"Armhole of a garment" measurement	in
Arm L/R Length	Length of arm - shoulder to wrist	in
Crotch Height	Height from crotch to floor	in
Inseam L/R	Inner "seam" measurement of legs - crotch to inside foot	in
Outseam L/R	Outer "seam" measurement of legs - hip to outside of foot	in
Torso Sagittal	The "U": described as length taken from neck, around groin and back up back to neck	in