

Taking Body Measurements

Ask a friend to help you take your body measurements. For greater accuracy, wear type of shoes and undergarments you would normally wear. Use a tape measure that does not stretch. Pull tape snugly, but not too tight, around fullest part of each body area.

Record measurements below.

Neck: _____

Measure around base of neck.

Waist: _____

Measure around natural waistline.

Bust: _____

Measure straight across widest part of back, under arms and across fullest part of bust.

Note: Select shirt, jacket or coat pattern size according to bust measurement.

Hips: _____

Measure around fullest part (usually 7" – 9" below waist). Make a note of distance between waist and fullest part of hips.

Note: Select pants pattern size according to hip measurement.

Back Waist Length: _____

Measure from prominent bone at base of neck down to natural waistline tied with a cord.

Establish base of neck on dress form by wrapping a cord around it; mark at center back with chalk or pin. This mark corresponds with prominent bone at back of neck and should be about 2" below underside of neck cap.

Full Body Length: _____

At center back, measure from natural waistline to floor, then add Back Waist Length measurement.

Using the Dress Form

The dress form has been designed to accommodate as many varied adjustment needs as possible. There will be occasions where the dress form has been adjusted as closely as possible to match body measurements but will require additional reshaping.

Padding the Dress Form

Determine where padding is needed.

Use foam, fiberfill, batting, or shoulder pads to fill in areas on shoulder, bust, waist, hips and back that may need adjustments.

Cover padded areas with fabric.

Filling in Section Openings

Making measurement adjustments to the dress form will create openings. Fill in gaps to allow for easier pinning and fitting of pattern and garment.

Apply double-faced tape along lengthwise edges of ribbon or tape; attach strip to fill in area.

Covering the Dress Form

Use a t-shirt or make a cover with stretchy tricot fabric to hide any padding and alterations and create a smooth surface.



As an ongoing policy of development, we reserve the right to make product changes and improvements without notice.

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Adjustable Dress Form Designed for Personalized Marking & Fitting



Box Contains:

- 1 Adjustable Body
- 1 Pole/Floor Base
- 1 Hem Marker
- 4 Legs
- Instructions

Assembling Dress Form

1



Stand

Insert wide end of leg into slot on base.
Repeat for remaining legs.

2



Extending Pole & Attaching Dress Form to Stand

Turn top section of pole height adjuster counter clockwise to loosen.

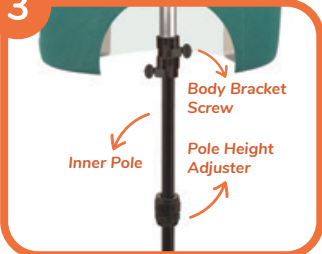
Extend inner pole 12"; turn adjuster clockwise to tighten.

Loosen thumb screw on pole bracket and slide bracket to 3" from top of pole; tighten screw.

Place dress form on inner pole.

Adjusting Dress Form to Body Measurements

3



Adjusting Dress Form Height & Securing to Stand

Using pole height adjuster, adjust the inner pole to height that matches full body length measurement; tighten adjuster.

Turn body bracket thumb screw to secure to stand and prevent rotation.

4



Adjusting Bust, Waist & Hips

There are two styles of adjusters on dress form. Using body measurements, adjust all dials/wheels to match bust, waist and hip measurements.

Wheels:

The wheel tapes are not printed with measurements but are marked with vertical lines to indicate opening.

Markings are at $\frac{1}{4}$, $\frac{1}{2}$ and $\frac{3}{4}$ of the maximum achievable opening of form.

Roll wheel down to increase size, and up to decrease.

To personalize wheels to your body measurements, mark final measurement on tape with a pen.

Auto-Set Dials:

To make adjustments easier, hold dress form with your other hand while adjusting dials. Squeeze button in center of dial and turn clockwise to increase size, and counter clockwise to decrease. Stop dial when arrow points to dots or lines. Adjustments can also be made in $\frac{1}{2}$ " increments between adjustment markings.

Important Notes:

- **Do not adjust dials/wheels to final measurement all at once.**
- All dials/wheels at bust, waist and hips should be adjusted gradually around dress form to avoid tension that may make a dial/wheel difficult to adjust.
- If you are unable to adjust a dial/wheel, increase adjustments immediately above and/or below dial/wheel releasing tension. Continue making small adjustments to all dials/wheels until all are set to desired measurements.

5

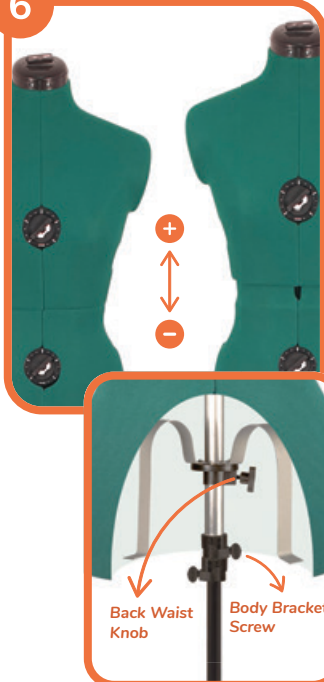


Adjusting Neck

To enlarge neck, press down on inner neck disk and turn clockwise until it matches desired shape and neck measurement. Press down and turn counter clockwise to decrease.

Use foam area on neck cap as pin cushion.

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Adjusting Back Waist Length

Loosen thumb screw on body bracket; remove dress form from pole.

To lengthen, reach into base of dress form and loosen back waist knob.

On outside, carefully slide apart bust and hip sections of dress form until base of neck, and natural waistline match back waist length measurement.

Tighten knob. Place dress form back on pole; tighten body bracket thumb screw.

7



Using Pin Hem Marker

Slide arm of clamp until clamp is aligned with edge of fabric.

Measuring from Waist:

Pull lever down and slide hem marker up or down pole until pin slot falls at desired hem length. Move lever back up; lock into place.

Measuring from Floor:

Numbers on bottom of pole can be used to determine hem height from floor.

Pull lever down and slide hem marker up or down pole until top edge of marker matches desired height from floor; lock into place.

Marking Hem:

Open clamp; place fabric between clamps and close. Holding clamp, insert straight pin through slot near top of clamp. Open clamp; rotate form and continue to mark every 2". Using rows of pins, turn fabric to inside to create hem.