



Standard Table of Body Measurements Relating to Women's Plus Size Figure Type, Sizes 14W–32W¹

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1. Scope

1.1 This table lists body measurements of the adult female “plus” figure type, sizes 14W through 32W. Although these are body measurements, they can be used as a baseline in designing apparel for female figures in this size range when considering such factors as fabric type, desired ease for body movement, styling, and fit.

1.2 The values stated in either acceptable SI units or inch-pound units shall be regarded separately as standard. The values stated in each system may not be exact equivalents; therefore, each system must be used independently of the other, without combining values in any way.

2. Referenced Documents

2.1 ASTM Standards:²

D 123 Terminology Relating to Textile Materials

D 5219 Terminology Relating to a Body Dimension for Apparel Sizing

2.2 ISO Standards:

ISO 3635-1981 Size Designation of Clothes, Definitions and Body Measurement Procedure³

ISO 8559 Garment Construction and Anthropometric Surveys-Body Dimension³

3. Terminology

3.1 *Definitions*—For definitions relating to body dimensions, refer to Terminology D 5219. For definitions of other textile terms used in this table, refer to Terminology D 123.

4. Significance and Use

4.1 The use of the body measurement information given in Table 1 will enable manufacturers to develop patterns and

garments that are consistent with the current anthropometric characteristics of the population of interest.

4.2 This table should in turn reduce or minimize consumer confusion and dissatisfaction related to apparel sizing.

4.3 For further information, refer to ISO 3635 and ISO 8559.

5. Apparatus

5.1 All apparatus are calibrated for accuracy.

5.2 *Tape Measure*, dimensionally stable and approximately 15 mm (½ in.) wide and graduated accurately in mm (1/16 in.) increments.

5.3 *Plastic Goniometer*, to measure the degree of shoulder slope.

5.4 *Scale*, calibrated for standard body weight.

6. Procedure

6.1 General Procedure:

6.1.1 Verify that measuring devices and scales are within calibration.

6.1.2 For all vertical and most horizontal measurements, measure the body while standing erect without shoes and with feet approximately 15 cm (6 in.) apart.

6.1.3 Take all body measurements over regular undergarments normally worn by the subject.

6.1.4 Take all measurements except torso circumferences, height, and weight from the same side of the body for consistency.

6.1.5 Refer to Terminology D 5219 for the location of all points to be measured (see Section 2).

6.2 Body Measurements:

6.2.1 *Across Back Shoulder*—Measure the horizontal distance across the back from the top of one shoulder joint to the top of the other shoulder joint, taken with the arms down.

6.2.2 *Ankle Girth*—Measure the maximum horizontal circumference of the ankle, taken over the greatest prominence of the anklebones.

6.2.3 *Ankle Height*—Measure the vertical distance from the prominence of the outer ankle bone to the floor, taken with subject standing and without shoes.

¹ These tables are under the jurisdiction of ASTM Committee D13 on Textiles and is the direct responsibility of Subcommittee D13.55 on Body Measurement for Apparel Sizing.

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² For referenced ASTM Standards, visit the ASTM website, www.astm.org, or contact ASTM Customer Service at service@astm.org. For *Annual Book of ASTM Standards* volume information refer to the standard's Document Summary page on the ASTM website.

³ Available from American National Standards Institute (ANSI), 25 W. 43rd St., 4th Floor, New York, NY 10036.