

COOPERS HILL

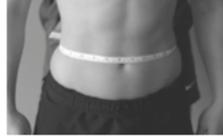
TRAINING CLUB

SITE	MEASUREMENT 1	MEASUREMENT 2	MEASUREMENT 3	MEAN OF ALL THREE MEASUREMENTS
 Neck girth (cm)				
 Shoulder girth (cm)				
 Chest girth (cm)				
 Upper-arm girth (cm)				
 Waist girth (cm)				
 Hip girth (cm)				
 Thigh girth (cm)				
 Calf girth (cm)				

Please complete, print and return to your coach prior to your first session .

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