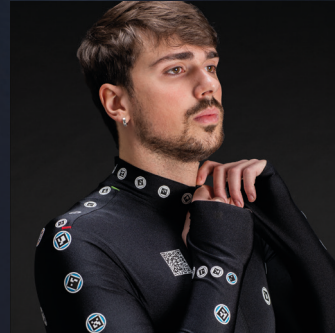# 4 SIMPLE STEPS
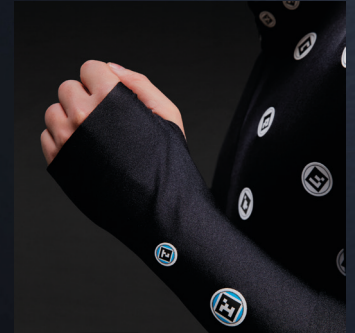# FOR REMOTE MEASUREMENT TAKING

① *WEAR THE SUIT*

Open the zipper and put on the suit as if it were tights. The zipper is on the front.

Slip your legs, heels into the heel pass, make sure that the crotch of the suit is well positioned at the groin level.

Slip your arms into the sleeves of the suit and close the zipper completely in the front.
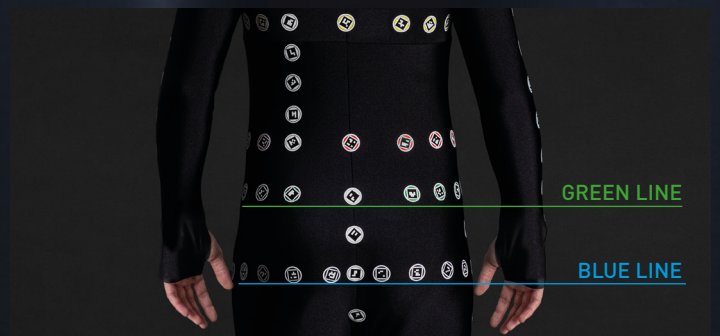
Stick your thumbs into the thumb pass.

② *CHECK THAT YOU HAVE POSITIONED THE SUIT CORRECTLY*

Position the shoulders so that the red band lies on the top of the shoulder and the yellow one at the base of the neck.

GREEN LINE

BLUE LINE

Make sure the green tags match the waist of your pants. Place the blue tags (hip bone girth) on the most protruding point of the buttocks.
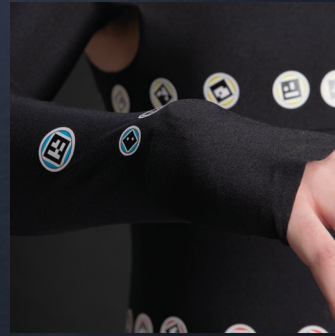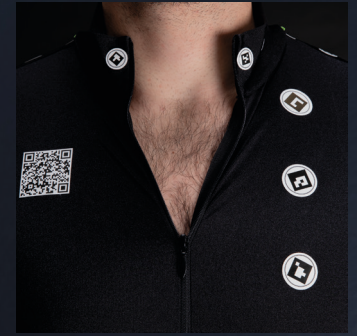
3 · MAKE SURE YOU *HAVEN'T* MADE THESE MISTAKES

Do not cover the tags - even partially - with fabric.
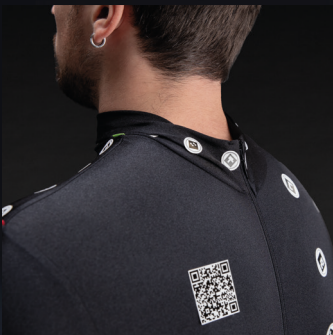

Do not overexpose the tags to light: tags that are too clear or saturated with light are difficult for the app to read.
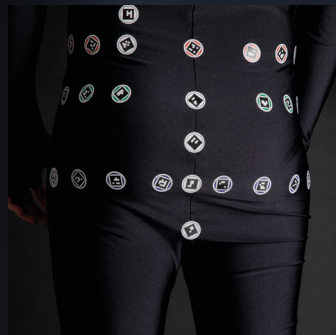

Do not keep bulky watches or other accessories/ clothing that may offset the measurements.
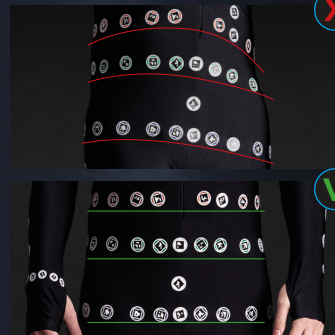

Do not leave the zipper open even partially.

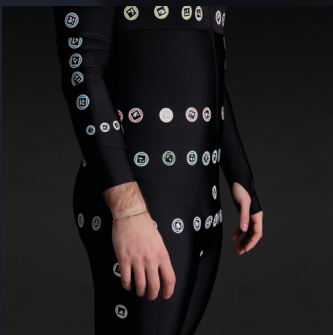Do not wear the zipper suit on the back.
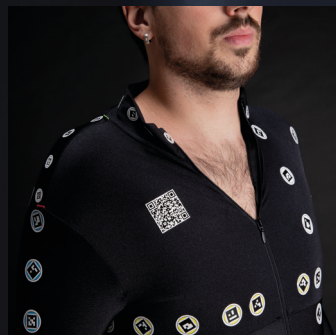

Do not leave the suit crotch too low.

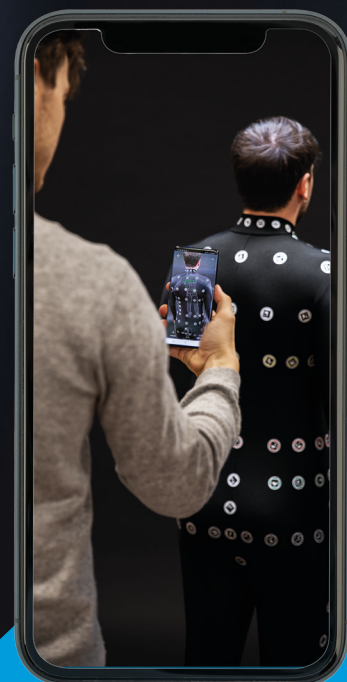Do not place the waist and hip tags too low or incorrectly.

Do not wear the heel pass correctly.

Do not slip both thumbs into the thumb pass at the end of the sleeves.

Do not correctly position the red band on the top of the sleeve (end of shoulder) and the yellow one at the base of the neck.

4 · LOG IN TO THE PROKE APP AND FOLLOW THE INSTRUCTIONS