

MEASUREMENT QUICK REFERENCE

FOR ERCHONIA® FAT LOSS LASERS

Accurate, consistent measurements help track progress and maximize results. Use this quick guide for standard measurement locations.



WOMEN'S MEASUREMENTS

1 WAIST / NAVEL

Place at level of the belly button. With normal breathing record measurement.



2 HIPS

Start at the top of knee cap & measure up to the widest part of the hips (typically the fullest part of glute muscle). Record measurement.



3 UPPER ABDOMEN (NATURAL WAIST)

Measure two inches up from the top of the belly button. Put a dash. Line tape measure up above dash. Record measurement.



4 ARMS

Measure from crease of elbow up to the widest part of arm. Put a dash. Place tape measure above dash and record measurement.



5 THIGHS

Start at the top of the knee cap and measure up to the widest part of the thigh. Put a dash. Line tape measure above dash then record measurement.



MEN'S MEASUREMENTS

1 WAIST / NAVEL

Place at level of the belly button. With normal breathing record measurement.



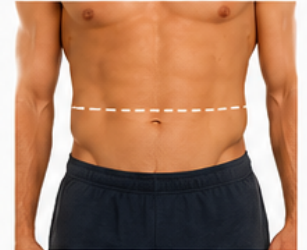
2 HIPS

Start at the top of knee cap & measure up to the widest part of the hips (typically the fullest part of glute muscle). Record measurement.



3 UPPER ABDOMEN (NATURAL WAIST)

Measure two inches up from the top of the belly button. Put a dash. Line tape measure up above dash. Record measurement.



4 CHEST

Measure around the fullest part of the chest. Tape measure often placed at the nipple line.



5 THIGHS

Start at the top of the knee cap and measure up to the widest part of the thigh. Put a dash. Line tape measure above dash then record measurement.



IMPORTANT NOTES

- ✓ Make sure to document distances from any reference anatomical point
- ✓ Make sure tape measure is even around the entire circumference

MINIMUM MEASUREMENTS REQUIRED

- Zerona® Laser:** Waist, Hips, Right Thigh, Left Thigh
Emerald® Laser: Waist, Hips, Upper Abdomen