

No-Tape Measuring Posture Guide

Use this visual checklist before you measure with string, ribbon, or paper strips.

Mirror these cues so calculator results line up with a traditional tape once you retake measurements.

1. Neutral stance setup

- Feet hip-width apart, weight balanced evenly.
- Knees soft, pelvis stacked over ankles.
- Keep toes pointing forward to avoid twisting the torso.

Tip: Mark foot placement on the floor with painter's tape for consistency.

2. Ribcage & shoulder alignment

- Roll shoulders up, back, and down to open the chest.
- Imagine a string lifting the crown of your head.
- Keep your chin level; avoid jutting forward.

Tip: Place one hand on your sternum—pressure should stay even while breathing.

3. Breathing cadence

- Inhale for four counts, exhale for four to settle the rib cage.
- Take the band reading at the end of a gentle exhale.
- Keep the belly softly engaged—no sucking in.

Tip: Repeat the breathing cycle twice before logging numbers.

4. Mirror checkpoints

- Use a mirror or helper to confirm the string stays horizontal.
- Mark the start point with tape before wrapping the string.
- Keep elbows relaxed at your sides; avoid lifting shoulders.

Tip: Snap a quick photo to compare posture between sessions.