

Yi Xuan – Full Body Measurement Profile

Body Shape Summary

- Body Type: Pear/hourglass
- Waist-to-hip ratio: ~0.56 (very narrow waist)
- Fat Distribution: Lower body dominant (hips, thighs, bust)
- Muscle Mass: High in legs, average upper body
- Visual Build: Curvy + soft; no defined musculature

Clothing, Capacity & Physiology

Category	Estimated Value / Notes
Shoe Size (US)	9.5–10 (Women’s)
Clothing Size (US)	28W–30W (Bust & hips exceed standard sizing)
Bra Size (EU)	110M (or US 48M), Cup difference: 41.6 cm
Breast Milk Capacity	1.0–1.4 liters total (500–700 ml per breast)
Maintenance Calories	~2400 kcal/day (Moderate activity level)

Diet & Nutritional Overview

Given Yi Xuan's estimated Total Daily Energy Expenditure (TDEE) of ~2400 kcal/day and her curvy, lower-body dominant physique, a balanced diet would likely emphasize hormone-friendly fats, lean protein, and complex carbohydrates to support energy, muscle tone, and potential lactation. Assuming she maintains moderate activity, a sample diet breakdown could be as follows:

Macronutrient	Daily Intake	Notes
Calories	~2,400 kcal	Moderate activity level
Protein	100–120g	Supports muscle and tissue maintenance
Carbohydrates	250–300g	Fuel for daily energy needs
Fats	80–90g	Supports hormones and skin elasticity
Fiber	25–30g	Supports digestion and satiety
Water	2.5–3.0 liters	Supports hydration and lactation
Calcium	1,000–1,200mg	Important for bone and breast health
Iron	18mg	Vital for blood production, especially if lactating

Full Anatomical Metrics – All Body Parts

Body Part	Length (cm)	Width (cm)	Circumference (cm)	Volume (liters)	Weight (kg)
Head	21	15-16	–	2.5-3.0	4.5-5.0
Neck	~10	~10	32	0.6	~0.5
Torso (chest-hips)	60.2	75-88	–	35-40	25-28
Bust (each breast)	–	15-17	150.2	1.47	1.4-1.5
Breasts (total)	–	–	–	2.94-3.0	2.8-3.0
Waist	–	49.5	99.0	3.0-4.0	~4.0
Hips	–	87.9	175.8	10-12	4.5-5.25
Buttocks (total)	~30	45-50	–	23-24	9.0-10.5
Thigh (each)	34.4	52.9	105.8	7.5-8.5	14.8
Calf (each, est.)	~30	~37	74.0	3.0-3.5	~4.5
Leg (each)	86.1	~22	–	7.5-9.0	19.6
Legs (total)	86.1	–	–	15-18	39.2
Arm (each)	77.5	~14	30.0	2.0	2.6
Arms (total)	–	–	–	4.0	5.2
Wrist	~6	~5	16.0	0.2	~0.3
Ankle	~7	~7	22.0	0.5	~0.5

Tips for Maintaining Yi Xuan's Body

- 1. **Balanced Diet:** Maintain a macronutrient-balanced diet rich in lean proteins, complex carbs, and healthy fats. Include plenty of fruits, vegetables, and fiber to support digestion and hormone balance.
- 2. **Hydration:** Drink 2.5–3.0 liters of water daily to support metabolism, skin health, and (if lactating) milk production.
- 3. **Strength Training:** Focus on lower-body strength (glutes, thighs, calves) to maintain tone in dominant fat/muscle areas. Use resistance bands, squats, and lunges 2–3x per week.
- 4. **Cardio:** Engage in light to moderate cardio (e.g., walking, elliptical, cycling) 3–4 times a week for cardiovascular health and fat balance.
- 5. **Posture & Core Stability:** Incorporate core exercises like planks and yoga to support the spine, improve posture, and offset the weight of large breasts and hips.
- 6. **Massage & Stretching:** Use foam rollers or soft tissue massage to keep hips, thighs, and back muscles relaxed. Daily stretching improves flexibility and circulation.
- 7. **Supportive Clothing:** Wear custom-fitted bras (e.g., 110M / 48M) and posture-friendly shapewear to reduce strain on the back and shoulders.
- 8. **Sleep & Recovery:** Prioritize 7–9 hours of sleep per night to support muscle recovery, hormonal balance, and general wellness.
- 9. **Regular Health Checkups:** Monitor hormone levels, joint health, and cardiovascular function—especially due to higher weight load on hips and legs.
- 10. **Consistency is Key:** Long-term maintenance comes from consistency, not extremes—steady nutrition, exercise, and self-care routines are most effective.

FOR COSPLAYER AND STUFF AND STUFF

Anatomical Internal Measurements – Reproductive Anatomy

Based on Yi Xuan's exaggerated but biologically grounded proportions (e.g. 175.8 cm hips, 105.8 cm thighs), we estimate her internal vaginal depth to fall within the upper physiological range. These figures reflect stylized realism and should not be interpreted as hyper-anatomical in simpler terms ITS NOT REALISTIC U WILL NEVER GET A ANIME GIRLFRIEND

Region	Estimated Depth (cm)	Notes
Vaginal Canal (resting)	10–12 cm	Upper end of natural range
Vaginal Canal (aroused)	13–14 cm	Expanded during arousal; adaptable
Vaginal Width (resting)	2.5–3.5 cm	Natural unstimulated width; varies with muscle tone
Vaginal Width (expanded)	4.0–5.0 cm+	Expanded during arousal; vaginal walls stretch significantly

In addition to depth, vaginal width can vary naturally depending on muscle tone and arousal. Yi Xuan’s wider hip and pelvic structure suggests above-average elasticity and space, but still within realistic human dimensions.

3D Model Scale Factors (Blender X/Y/Z)

The following table contains uniform scale values derived from Yi Xuan's measurements, based on an average base female model. These values can be applied in 3D software (e.g., Blender) to scale body parts proportionally along the X, Y, and Z axes. For simplicity, all scales here are uniform ($X = Y = Z$). might be off by alot

Body Part	Scale X	Scale Y	Scale Z
Torso	1.0	1.0	1.0
Bust	1.67	1.67	1.67
Waist	1.41	1.41	1.41
Hips	1.85	1.85	1.85
Thigh	1.92	1.92	1.92
Calf	2.11	2.11	2.11
Arm	1.19	1.19	1.19
Leg	1.01	1.01	1.01
Head	1.0	1.0	1.0
Neck	1.0	1.0	1.0

Parametric Formulas for Desmos Body Outline

Below are parametric equations representing Yi Xuan's body parts and limbs, based on her measurements. These equations can be pasted into Desmos Graphing Calculator to create a stylized 2D silhouette. All values use centimeters, and t is a parameter. might be off by alat

Torso & Hips (outer shape)

$$X_h(t) = 44 * \cos(t)$$

$$Y_h(t) = 30 * \sin(t) + 80$$

$$t \in [\pi/2, 3\pi/2]$$

Left Breast Bulge

$$X_{bl}(t) = -17 + 17 * \cos(t)$$

$$Y_{bl}(t) = 120 + 10 * \sin(t)$$

$$t \in [0, \pi]$$

Right Breast Bulge

$$X_{br}(t) = 17 + 17 * \cos(t)$$

$$Y_{br}(t) = 120 + 10 * \sin(t)$$

$$t \in [0, \pi]$$

Left Thigh

$$X_{tl}(t) = 20 + 17 * \cos(t)$$

$$Y_{tl}(t) = 30 * \sin(t) + 20$$

$$t \in [\pi/2, 3\pi/2]$$

Right Thigh

$$X_{tr}(t) = -20 + 17 * \cos(t)$$

$$Y_{tr}(t) = 30 * \sin(t) + 20$$

$$t \in [\pi/2, 3\pi/2]$$

Head (Top Semi-Ellipse)

$$X_{hd}(t) = 10 * \cos(t)$$

$$Y_{hd}(t) = 21 * \sin(t) + 160$$

$$t \in [0, \pi]$$

Neck (Vertical Segment)

$$X_n = 0$$

$$Y_n \in [139, 159]$$

Torso (Midsection Ellipse)

$$X_{ts}(t) = 30 * \cos(t)$$

$$Y_{ts}(t) = 35 * \sin(t) + 105$$

$$t \in [\pi/2, 3\pi/2]$$

Left Arm

$$X_{la}(t) = -12 + 6 * \cos(t)$$

$$Y_{la}(t) = 60 * \sin(t) + 105$$

$$t \in [\pi/2, 3\pi/2]$$

Right Arm

$$X_{ra}(t) = 12 + 6 * \cos(t)$$

$$Y_{ra}(t) = 60 * \sin(t) + 105$$

$$t \in [\pi/2, 3\pi/2]$$

Left Leg

$$X_{ll}(t) = -20 + 15 * \cos(t)$$

$$Y_{ll}(t) = 55 * \sin(t) + 10$$

$$t \in [\pi/2, 3\pi/2]$$

Right Leg

$$X_{rl}(t) = 20 + 15 * \cos(t)$$

$$Y_{rl}(t) = 55 * \sin(t) + 10$$

$$t \in [\pi/2, 3\pi/2]$$

Buttocks

$$X_{bt}(t) = 40 * \cos(t)$$

$$Y_{bt}(t) = 25 * \sin(t) + 60$$

$$t \in [\pi, 2\pi]$$

Head (Full Ellipse)

$$X_{hd}(t) = 10 * \cos(t)$$

$$Y_{hd}(t) = 21 * \sin(t) + 160$$

$$t \in [0, 2\pi]$$

Organized Measurement Summary wohooo

Below is a consolidated and organized list of all physical measurements collected and estimated for Yi Xuan, grouped by body region. Values are in centimeters (cm), kilograms (kg), and milliliters (ml) as appropriate.

Head & Neck

Measurement	Value
Head Width	20.0 cm
Head Circumference	63.0 cm
Head Volume	3,700 ml
Head Weight	4.7 kg
Neck Circumference	32.0 cm

Chest & Breasts

Measurement	Value
Bust Circumference	150.2 cm
Band (Underbust) Circumference	108.6 cm
Breast Volume (each)	1,468 ml
Total Breast Volume	2,936 ml
Breast Weight (each)	1.45 kg
Total Breast Weight	2.9 kg
Milk Capacity (total)	1,000–1,400 ml

Torso

Measurement	Value
Torso Height	60.2 cm
Waist Circumference	99.0 cm
Estimated Torso Weight	25–28 kg

Hips & Buttocks

Measurement	Value
Hip Circumference	175.8 cm
Buttock Width (est.)	44.0 cm
Buttock Volume (est.)	4,000 ml
Buttock Weight (est.)	4.5–5.0 kg

Legs (combined)

Measurement	Value
Thigh Circumference (1 leg)	105.8 cm
Calf Circumference (1 leg)	74.0 cm
Leg Length	86.1 cm
Thigh Volume (1)	3,500 ml
Leg Weight (total)	39.2 kg

Arms

Measurement	Value
Arm Length (each)	77.5 cm
Arm Weight (each)	2.6 kg
Total Arm Weight	5.2 kg
Estimated Arm Circumference	34.0 cm

Other Attributes

Measurement	Value
Foot Length	25.8 cm
Shoe Size (US)	9.5–10
Waist-to-Hip Ratio	0.56
Body Fat % (est.)	~33%

Maintenance Calories

2,400 kcal/day

UPDATE- july 30

Estimated Mass (per thigh) — sm1 commented that i should do this but uh i forgot their username

Tissue type. estimation

Fat. ~6.7kg

muscle & other. ~8.1kg

total thigh mass. 14.8kg

same person that commented that i should do this please tell me what im missing

Update august 1

i added her inseam measurement woah awesome pawsome

The inseam is the length from the crotch to the bottom of the inner ankle (or floor), measured along the inside of the leg.

and its about

73-74 cm

(updated the circumference so its actually realistic and stuff)

another add to the update after the inseam thingy

Realistic Circumference Measurements – Yi Xuan (172 cm, ~74–78 kg)

- ***Bust: 112–115 cm***
- ***Underbust (Band): 95–98 cm***
- ***Waist: 78–82 cm***

- *Hips: 120–125 cm*
- *Thigh (each): 70–75 cm*
- *Calf (each): 43–46 cm*
- *Neck: 31–33 cm*
- *Head: 56–58 cm*
- *Arm (each): 28–32 cm*
- *Wrist (each): 15–16 cm*
- *Ankle (each): 22–24 cm*

END–

fweah mangos mustard phonk labubu macha grow a garden wobbly wiggly diddy blud sussy
blud 6777 water

this took me quite a while to make this but its cool i guess

some stuff that u need to know cuz uh you actually need to 🤔✌️

- since yi xuan is a game character making it so that the measurements can still be within our realistic human dimensions was uh difficult as hell and some of the measurements i calculated might even be un realistic so uh keep an eye on that i guess
- the circumferences that i approximated can be pretty pretty far from actuality and stuff cuz ion know if i did the equation right
- upvote!!
- the desmos and blender part are harsh and looks like sketches but i am very very very sure that thats her measurements probably i think maybe

- if u combine her desmos formulas u get an exoskeleton looking figure which is i guess u can u it for drawing and stuff

And yes, I'm a fraud. I sadly didn't make this document. I used ai to make this document using the measurements I made. I just wanted to put that aside since i thought to myself, what if i get hate from using ai to make this document. And yes I did make the measurements myself just not the document fully . I hope that this explanation will smoothen things out maybe maybe not i guess its cool now maybe not maybe probably i think i guess i hope 🙌 from now on i will be editing the document myself and just chill stuff out yk— july 30

to simplify things out i used ai the document using the measurements i made

message from aybeatit2hutao and not some ai fraud

some stuff i didn't mention in the document

shes about 74-78kg

shes an M cup

Shes 5'8 ft

and thats it for now..

aybeatit2hutao made this and not you

