

MEASURING GUIDE

(A) ARM

Measure from the center of the hole at the base of the throat to the bend in the wrist just below the wristbone.

(D) SHOULDER TIP TO SHOULDER TIP

The best reference for this is between the two prominent bones at the shoulder edges. Imagine a line straight up from your armpits to your shoulders and measure between them.

(C) SHOULDER TO ELBOW

Mark the end point on the (D) measurement with the your finger, reset the tape and measure down to the center of the elbow with the arm bent in a 90 degree position.

(B) ELBOW TO WRIST

Mark the end point on the (C) measurement with your finger, reset the tape and measure down to the wrist where the wrist bends just past the wristbone (not onto the hand).

ADDITIONAL NOTES: D, C, & B

The shoulder (D), shoulder to elbow (C) and elbow to wrist (B) place the grips in the correct location on the upper arm and define the seam between the upper arm and the spandex forearm.

(E) BICEPS

Flex the right bicep, if right handed. Hold flexed and measure at the widest point.

(F) FOREARMS

Flex the forearm and measure at the widest point.

(H2) UPPER CHEST

Measure at the top of the chest, top of the breast for women, across the chest at armpit level for men. Remember to keep the tape level

(H1) CHEST

With both arms up, place the tape around the chest at nipple level, do not curve the tape; keep it level all around. Put arms down to get an accurate chest measurement. (Put on weight vest if used). RELAX, do not over inflate your chest.

(I) WAIST

This is waist at the belly button. Resist the temptation to suck in your stomach.

(J) HIP (AT WIDEST POINT)

Remove everything from your pockets. MEASURE AT THE WIDEST POINT. This is generally about 7 inches below the waistline at the belly button.

(K) THIGH

The thigh measurement is around the upper most part of the leg at the top of the crotch. Many people think the widest part of the thigh is below this. For our patterns we need the measurement around the thigh at the very top of the leg.

(L) ABOVE KNEE

Put your foot on a chair and lean forward slightly to flex the thigh muscle and measure above the knee. This is for the seam that separates the upper body from the lower leg, also the top of the knee for a bootie.

(O) CALF

Measure at the widest point on the calf muscle. Keep the tape level.

(M) INSEAM TO TOP OF KNEE

This measurement marks the seam that begins the lower leg/bootie on the suit.

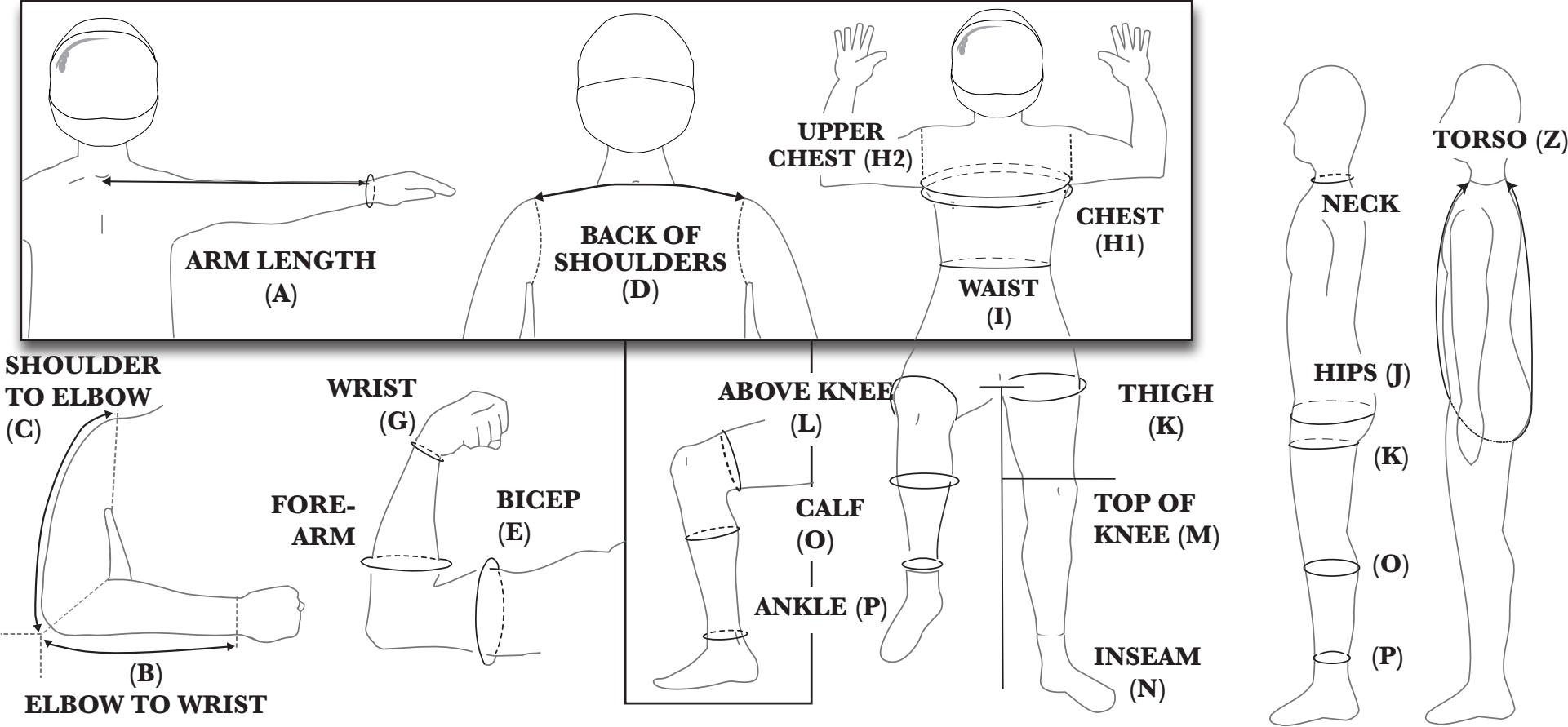
(N) FULL INSEAM

Standing with legs straight, measure from deep crotch where the seam of their pants cross. Do not curl/bend tape over at the crotch. Lay the tape against the leg and measure to the floor.

(Z) TORSO

From the hole at the throat, measure down and under the crotch, straight up the back to the top of the bone at the base of the back of the neck. The tape does NOT contact the back curves. It goes straight up to the collar. Have tape snug but comfortable under crotch, we add for fit. Measure over clothes & weight vest if worn. If pants/shorts hang low, this will not allow for a proper measure. Pants/shorts must be pulled up..

MEASURING FORM



| | | | | | | | | | | | |
|----------------|--------|--------|-----------------|---------------|---------------|----------------------|-------------------|-----------------------|-----------------|-------|--------------------|
| GENDER | HEIGHT | WEIGHT | US SHOE SIZE | ARM LENGTH | SHOULDER | SHOULDER TO ELBOW | ELBOW TO WRIST | WRIST | FOREARM | BICEP | NECK |
| | | | | A | D | C | B | G | F | E | |
| H2 | H1 | I | J | K | L | O | P | M | N | Z | |
| UPPER CHEST | CHEST | WAIST | HIPS | THIGH | ABOVE KNEE | CALF | ANKLE | INSEAM TO TOP KNEE | TOTAL INSEAM | TORSO | WOMENS CUP SIZE |