



MEASURING GUIDE

Measure without shoes and put on the cloth you will wear underneath your suit.
DON'T MEASURE YOURSELF ALONE !!!





NECK

Measure the neck circumference at the middle of the neck. Place the measuring tape tight around the neck without squeezing the skin.

1.





CHEST AT ARMPIT LEVEL

Measure the circumference of the chest at armpit level. Place the measuring tape tight around the chest without squeezing the skin.



CHEST

Measure the largest part of the chest. Place the measuring tape tight around the chest without squeezing the skin.



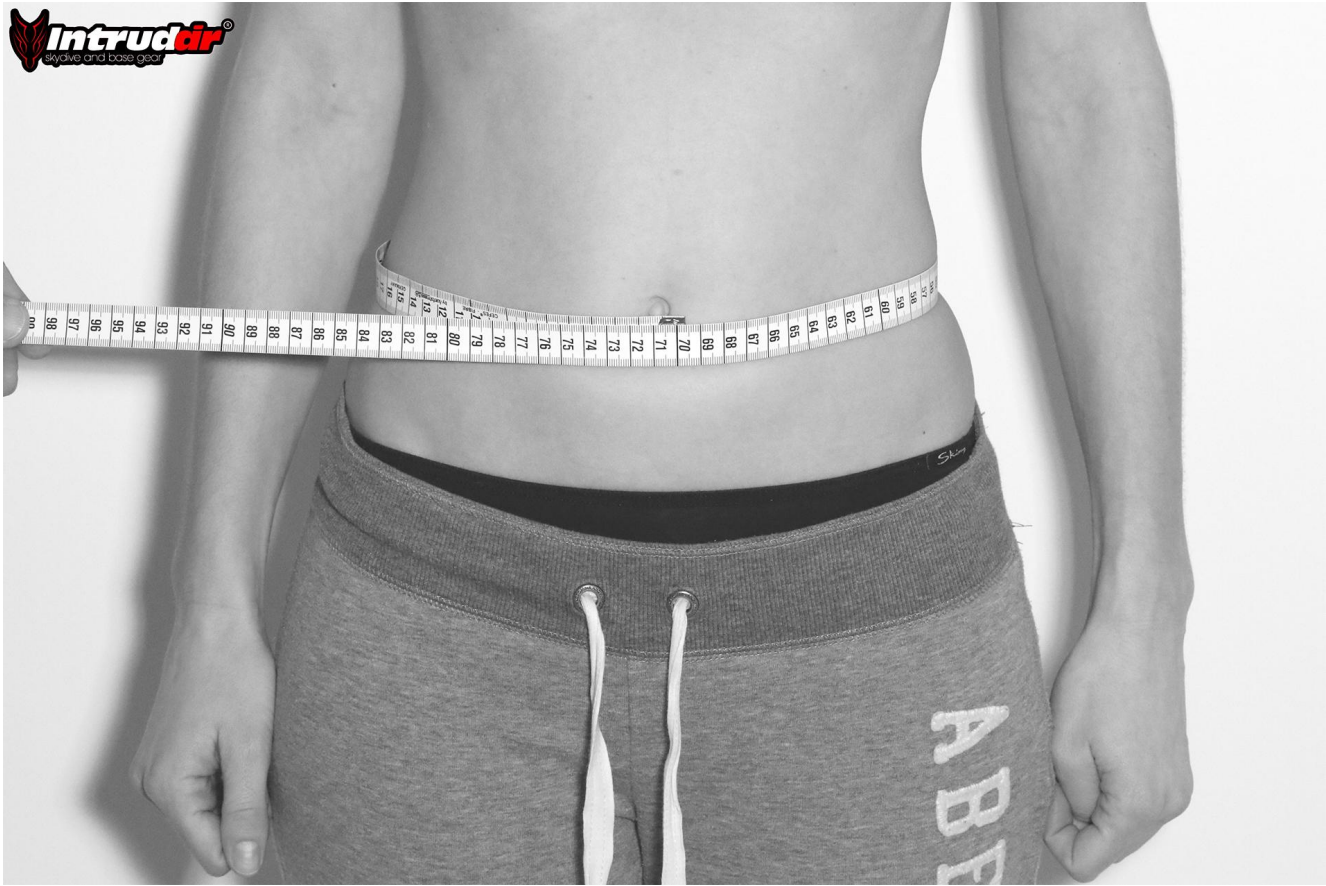
LOWER CHEST

Measure the largest part of the chest. Place the measuring tape tight around the chest without squeezing the skin.



WAIST THINNER PART

Place the measuring tape around the thinnest part of the waist. If you have trouble to find it place it half way from belly button to where you placed the tape to measure the lower chest. Place the measuring tape tight around the body without squeezing the skin.



WAIST

Place the measuring tape at belly button level. Place the measuring tape tight around the body without squeezing the skin.



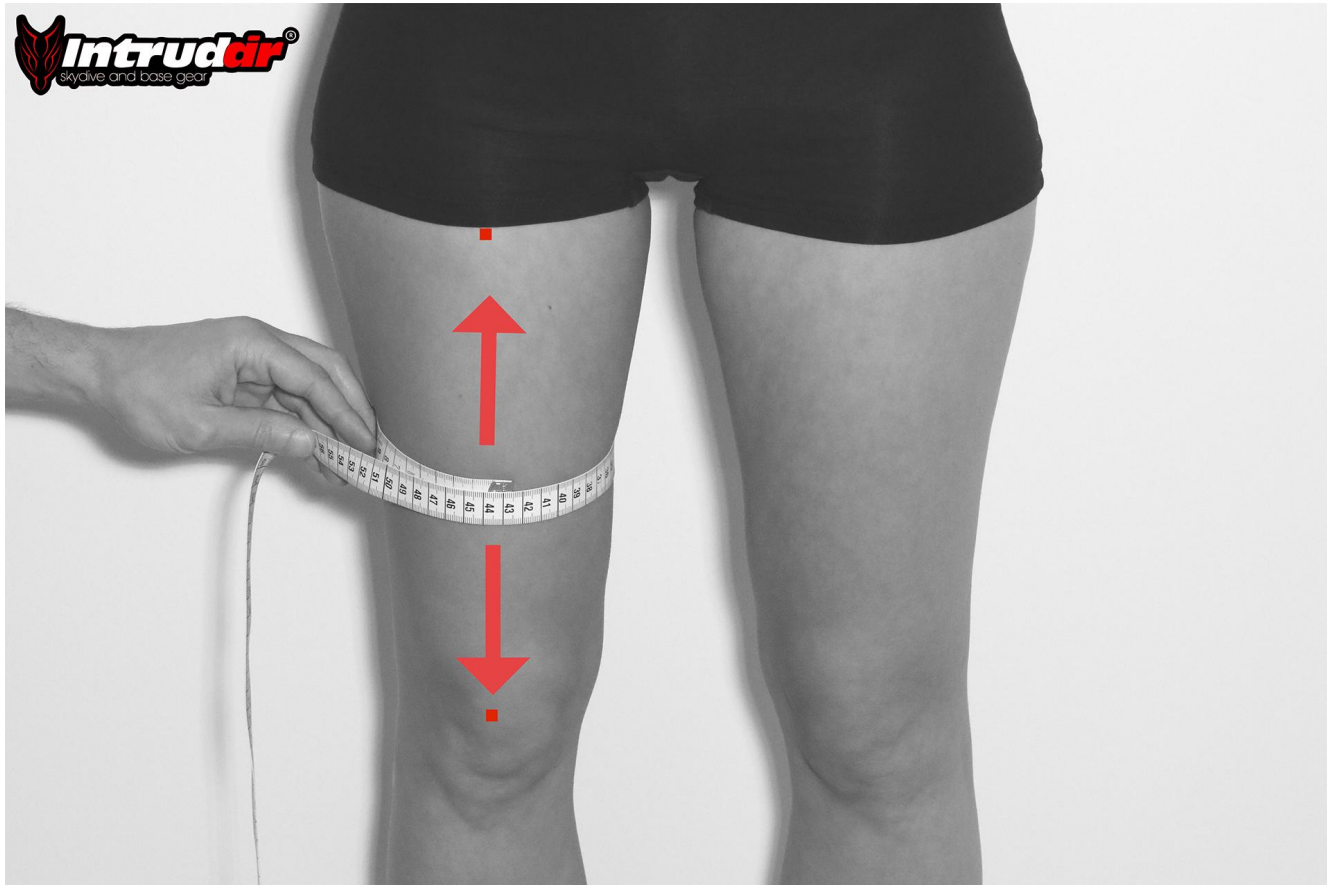
HIPS

Place the measuring tape at the widest part of the hips. Place the measuring tape tight around the body without squeezing the skin.



THIGH WIDEST PART

Place the measuring tape at the widest part of the thigh (groin level). Place the measuring tape tight around the thigh without squeezing the skin.



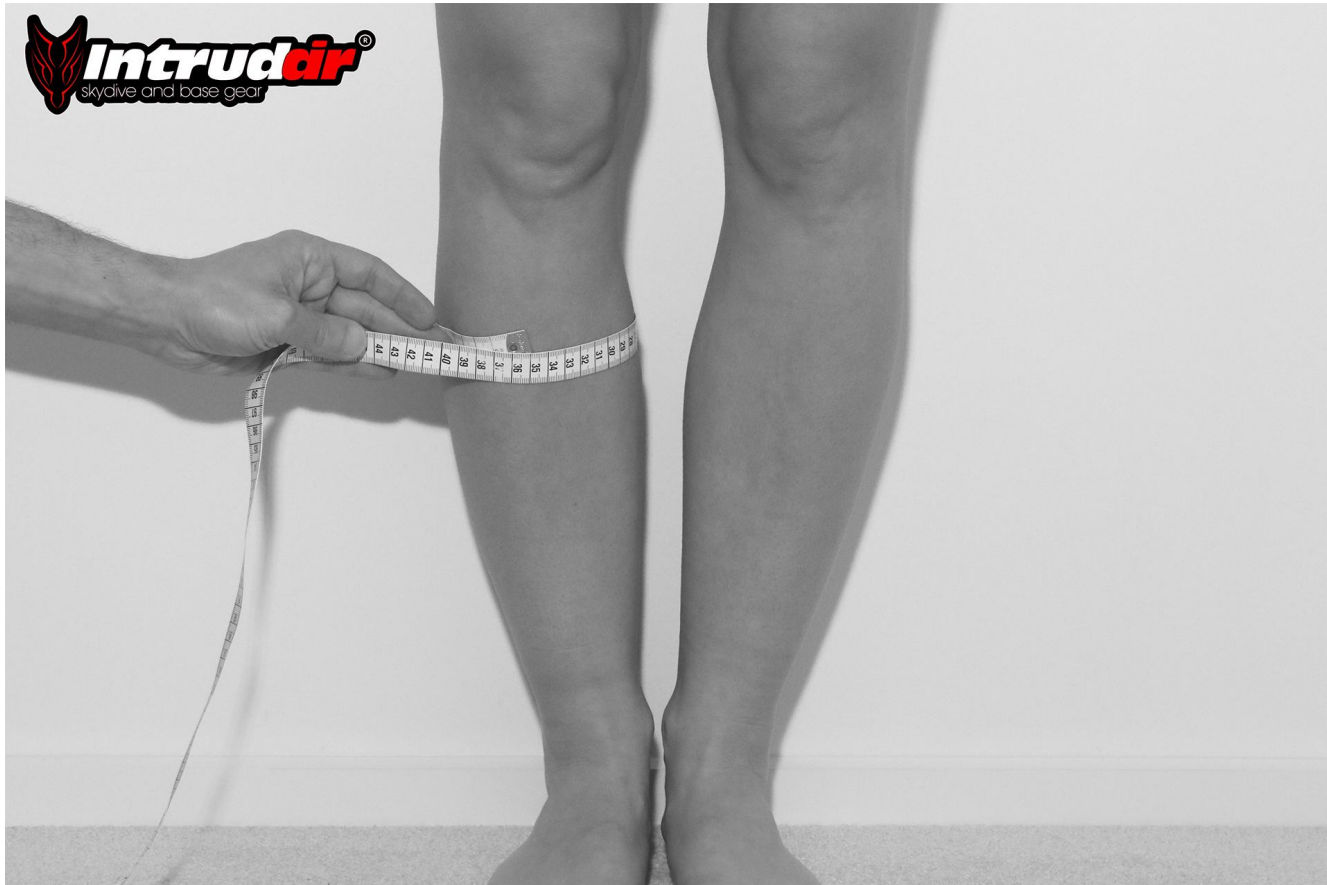
THIGH

Position the measuring tape around the thigh, half way between the widest part of the thigh and the center of the knee. Place the measuring tape tight around the thigh without squeezing the skin.



KNEE

Bent the knee around 90 degrees and measure the circumference in the middle of the knee. Pull the measuring tape tight without squeezing the skin to much.



CALF

Measure the calf at the widest point.



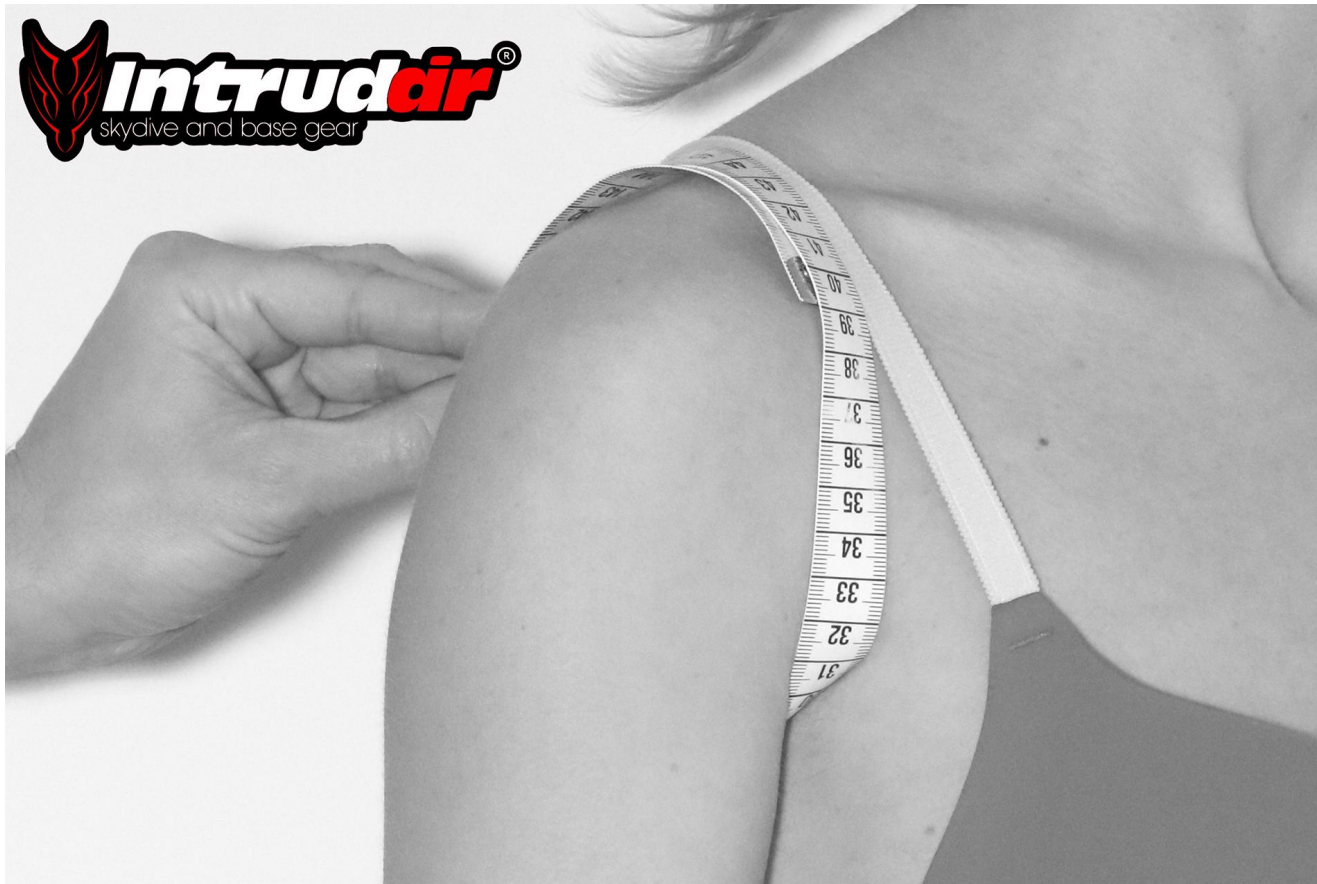
ANKLE

Measure the ankle at the widest point.



INSTEP

Stand up straight and measure the circumference around the instep of the foot and the heel.



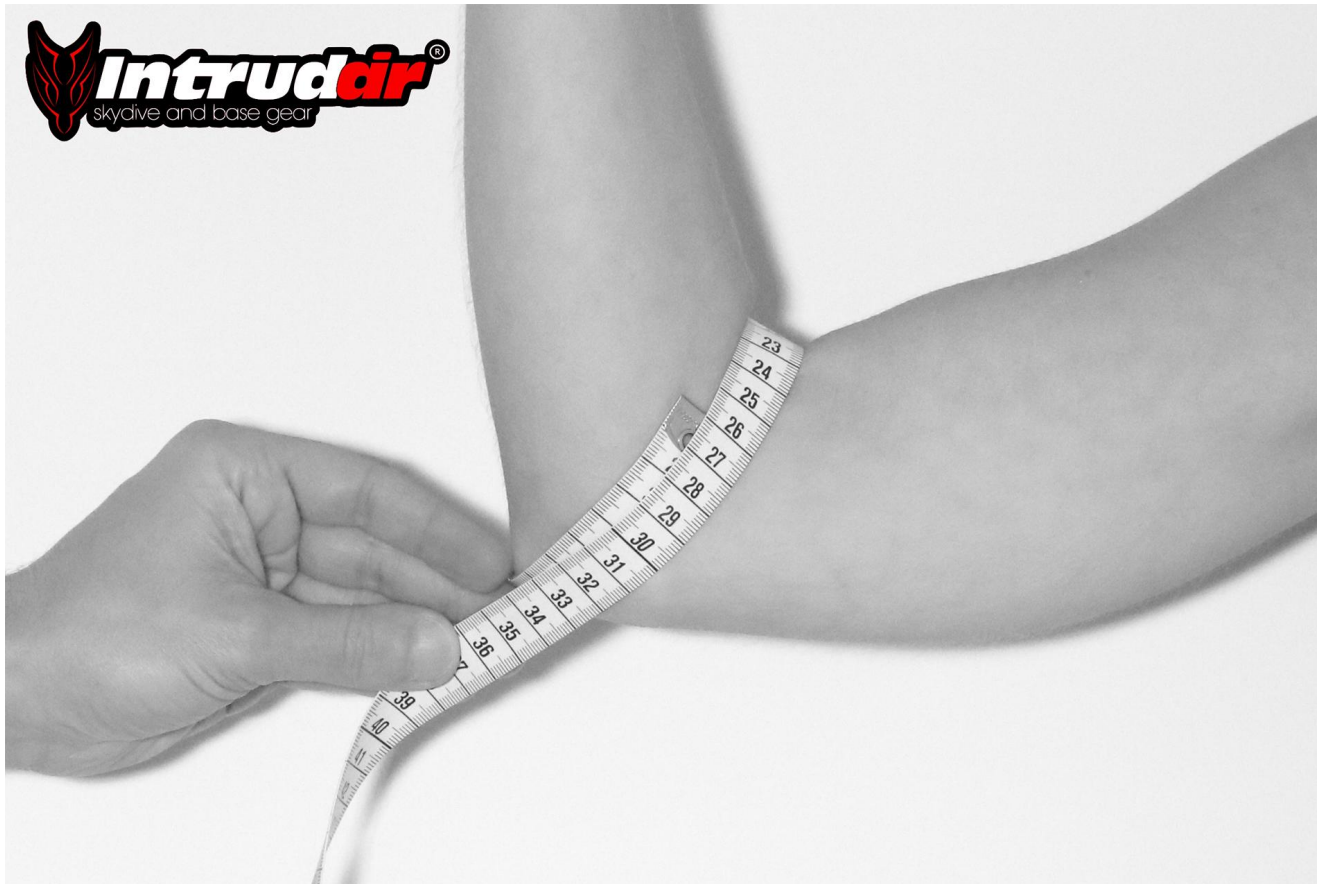
SHOULDER

Position the measuring tape around the armpit. Arms have to hang down at the side of the body. Place the measuring tape tight around the armpit without squeezing the skin.



BICEPS RELAXED

Keep the upper arm relaxed and measure the circumference in the center of the bicep. Place the measuring tape tight around the biceps without squeezing the skin.



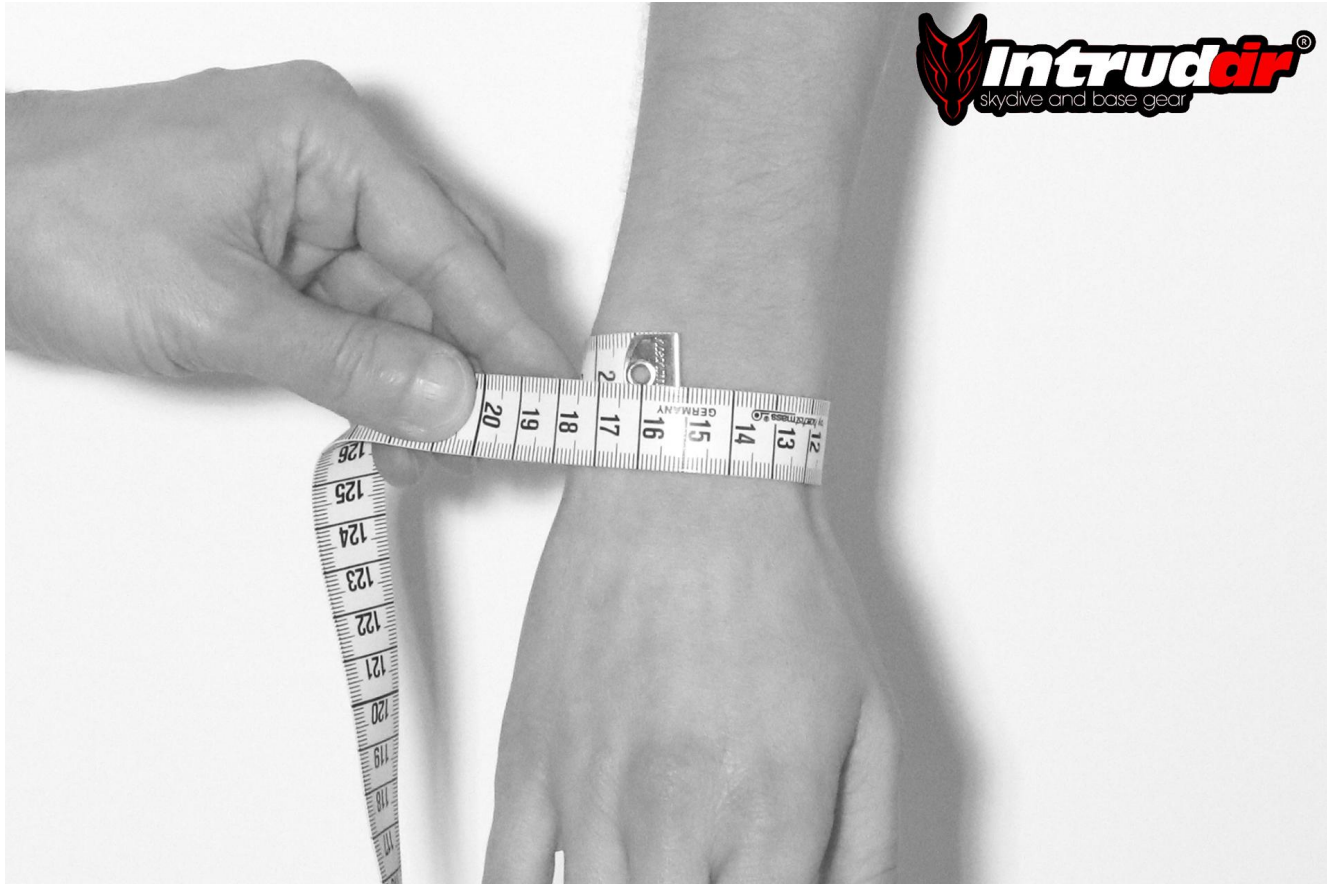
ELBOW

Bent the elbow around 90 degrees and measure the circumference in the middle of the elbow. Pull the measuring tape tight without squeezing the skin too much.



FOREARM

Measure the largest part of the forearm. Place the measuring tape tight around the forearm without squeezing the skin.



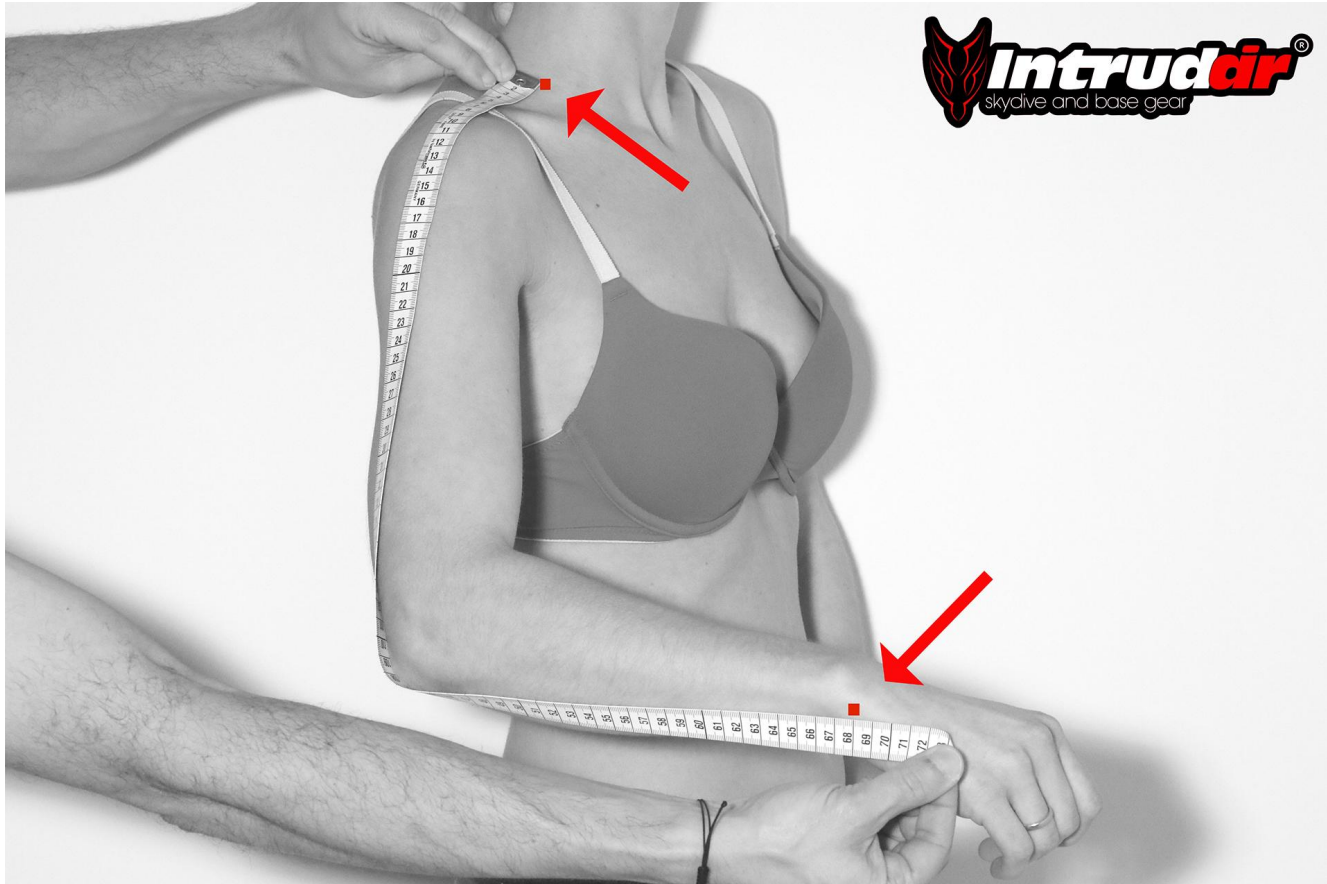
WRIST

Measure the largest part of the wrist.



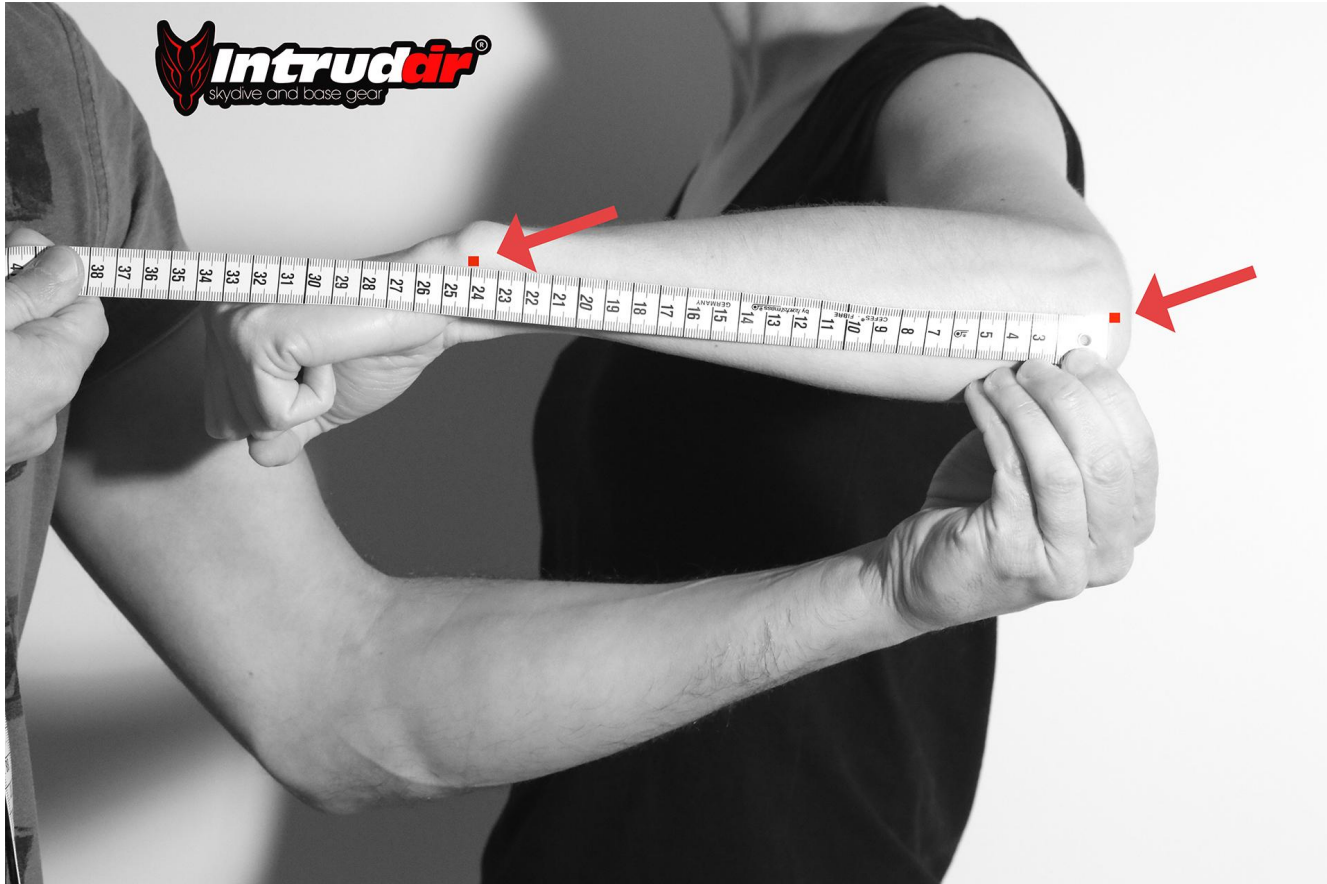
LENGTH OF SHOULDER

Place the measuring tape at the base point of the neck. Imagine you wear a tight shirt. The base of the neck is where the t-shirt collar is located. Measure the length from the neck base point to the upper arm bone.



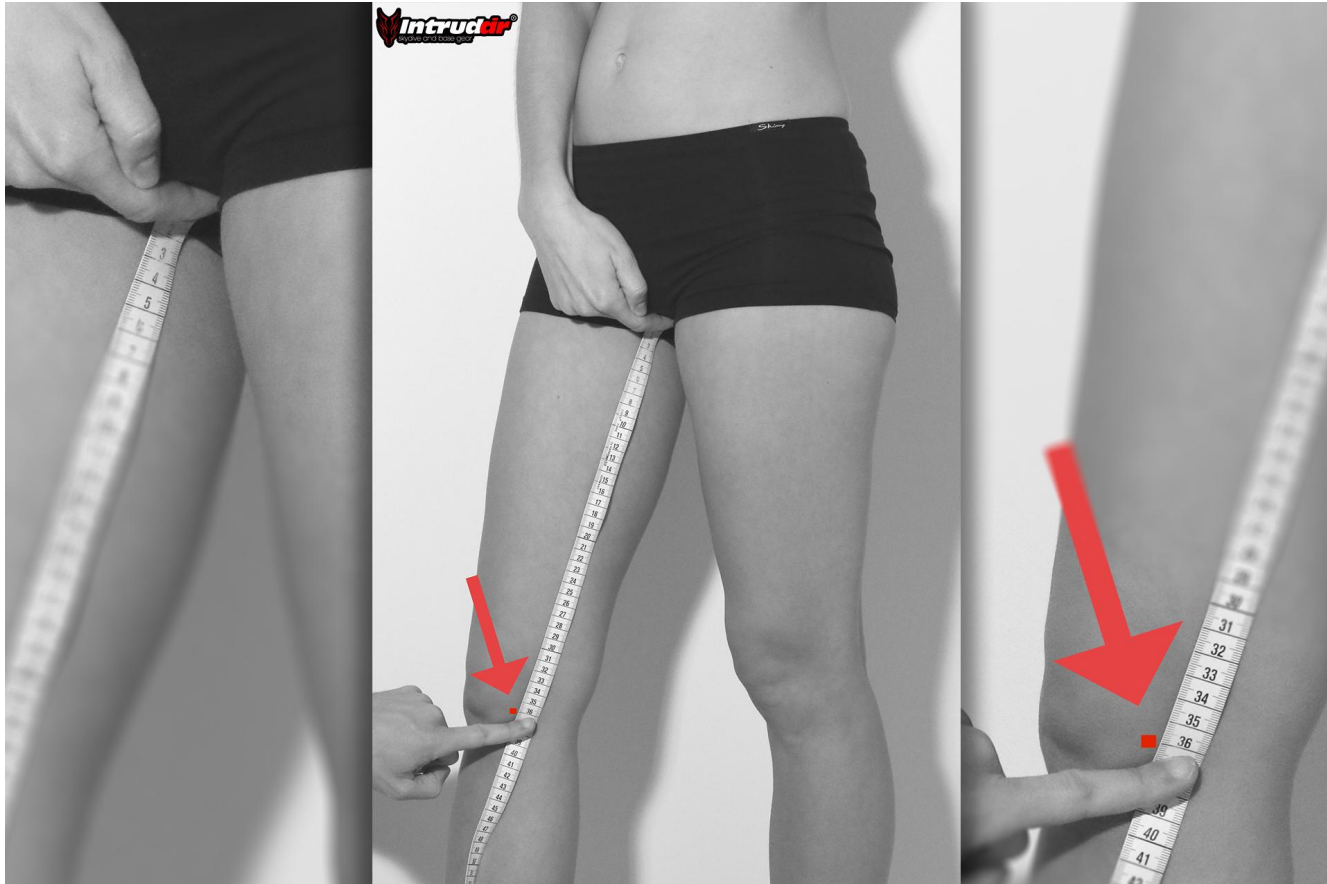
FULL ARM

Start with placing the measuring tape at the base of the neck and place it along shoulder and elbow till you reach the wrist bone.



ARM

Measure from wrist bone to the center bone of the elbow.



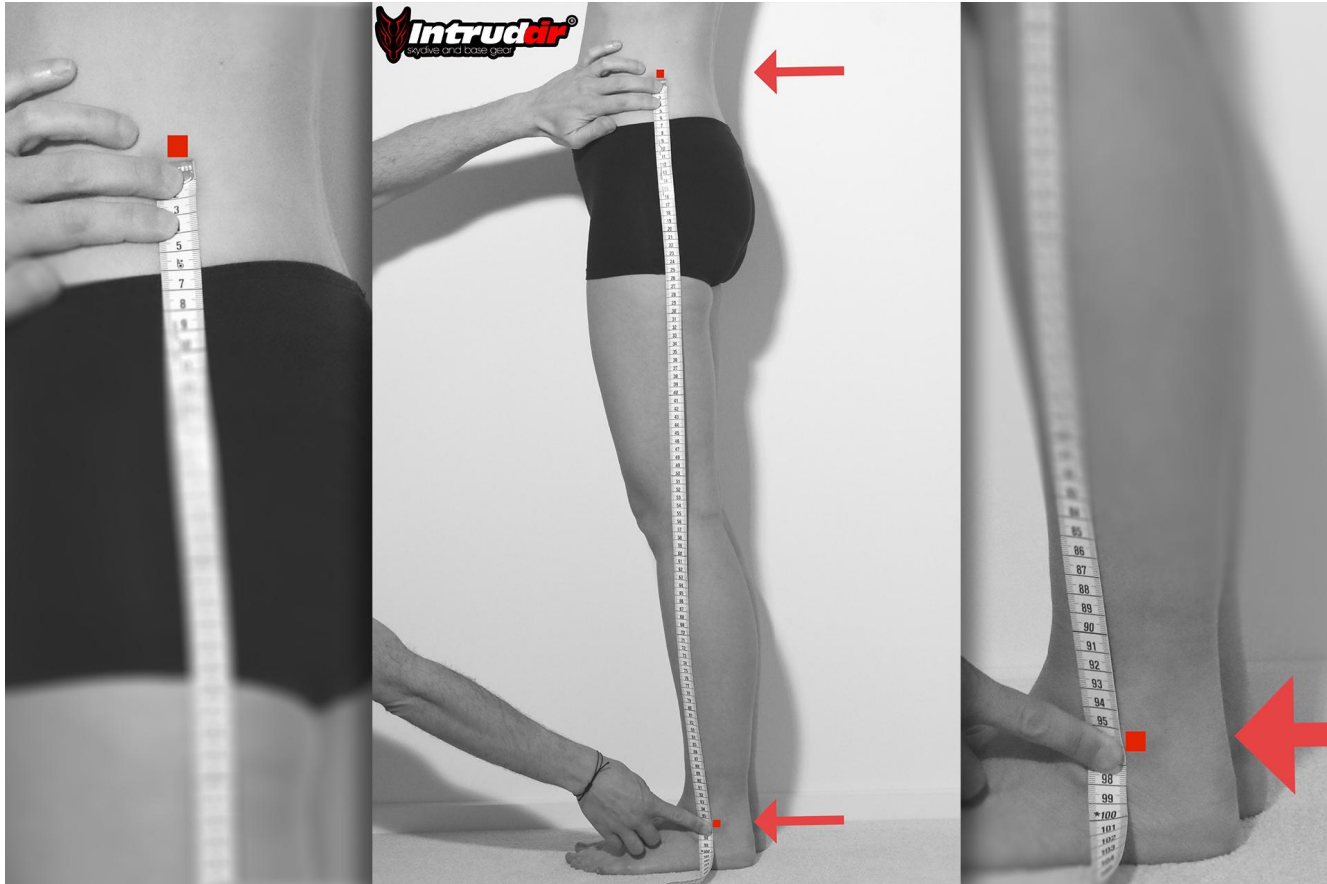
CROTCH TO KNEE

Stand up straight. Take one end of the measuring tape and put it between your pointing finger and your middle finger and place it in the middle of the crotch. Pull the measuring tape tight and measure the distance from crotch to the sideward center of the knee.



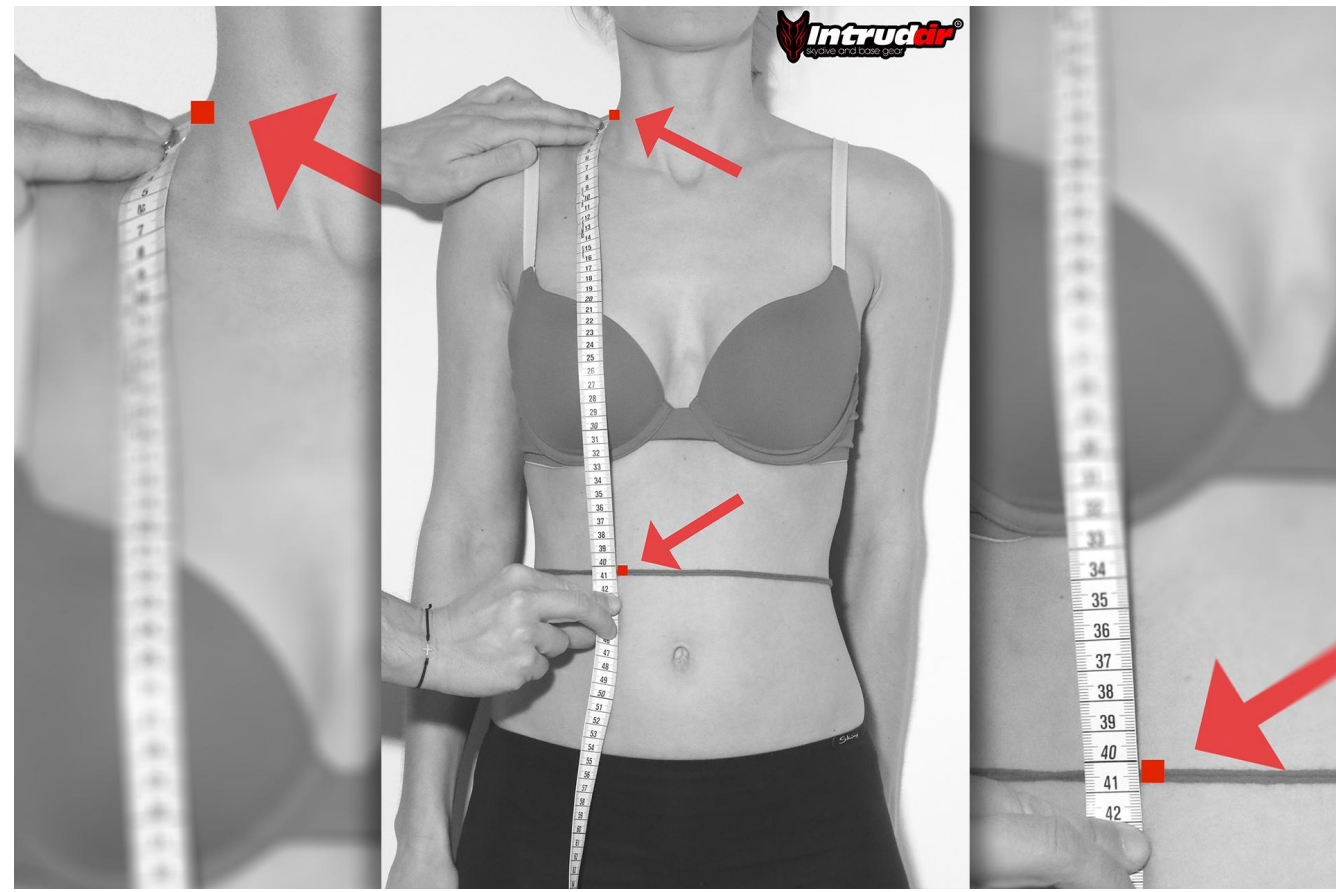
INNER LEG

Stand up straight. Take one end of the measuring tape and put it between your pointing finger and your middle finger and place it in the middle of the crotch. Pull the measuring tape tight and measure the distance from crotch to the center of your ankle bone.



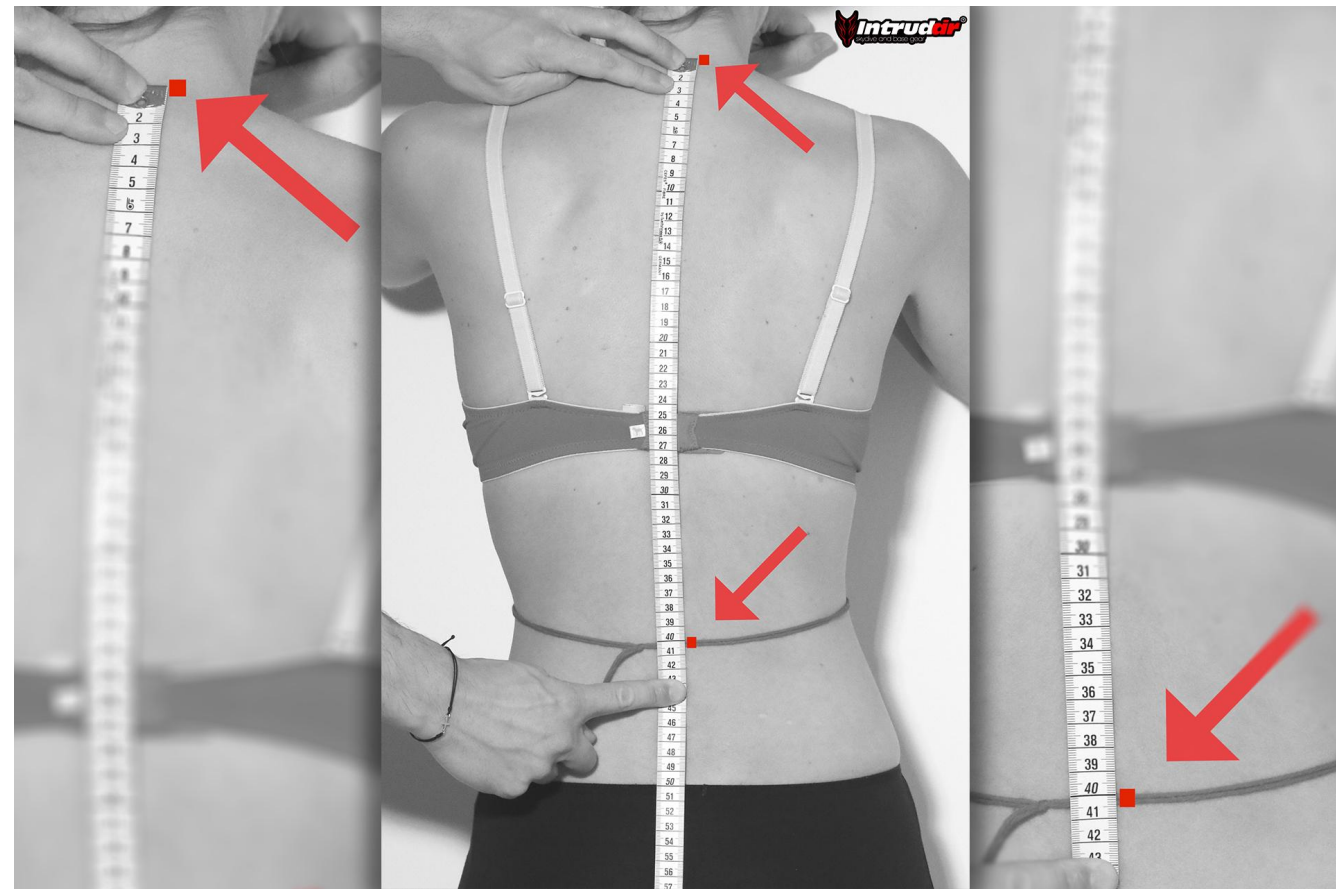
OUTER LEG

Stand up straight. Locate the upper hip bone called pelvic bone. If you are on belly button level and move to the side of the body you will find the pelvic bone. Measure straight down from the end of the pelvic bone to the middle of the ankle bone.



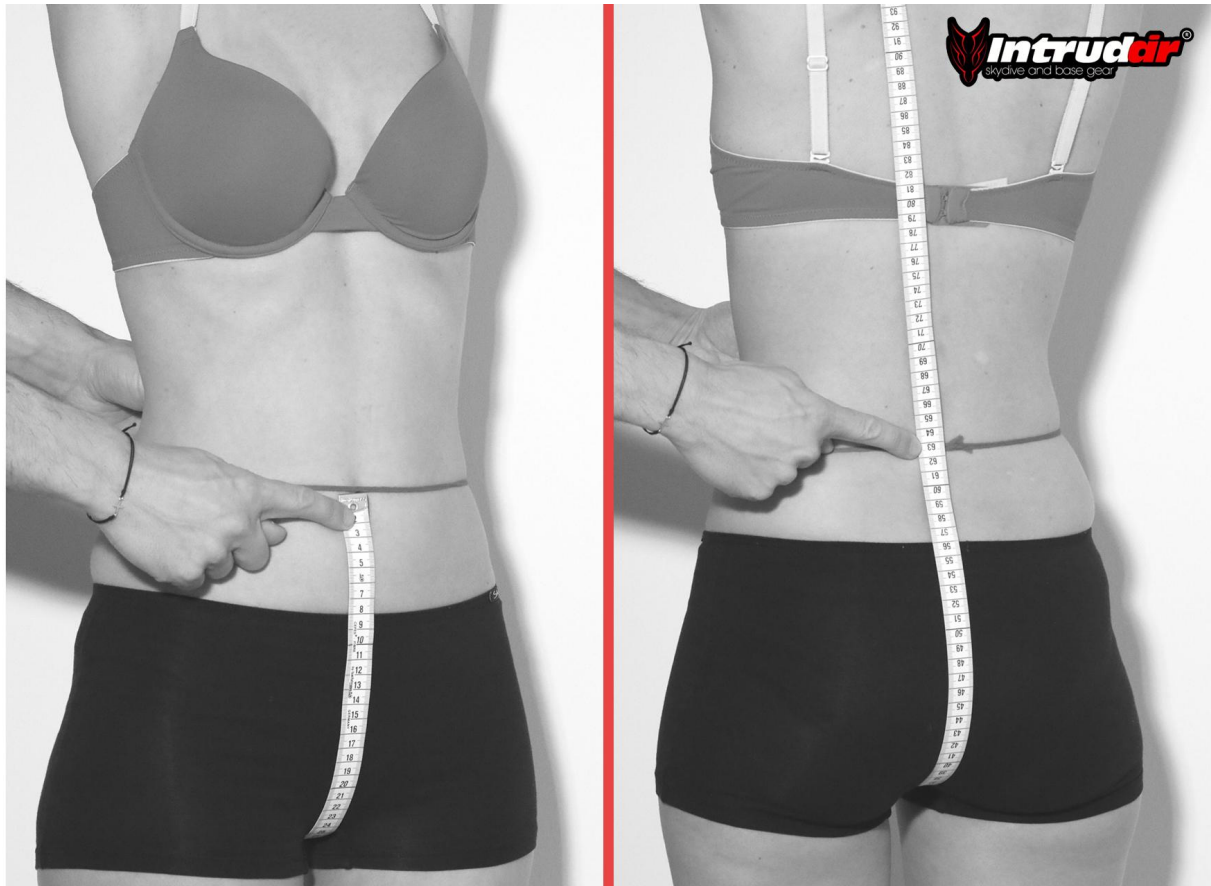
UPPER BODY FRONT

Measure straight down from the shoulder muscle to waist thinnest part level. You can put a thin cord around the waist at the thinnest part for better orientation.



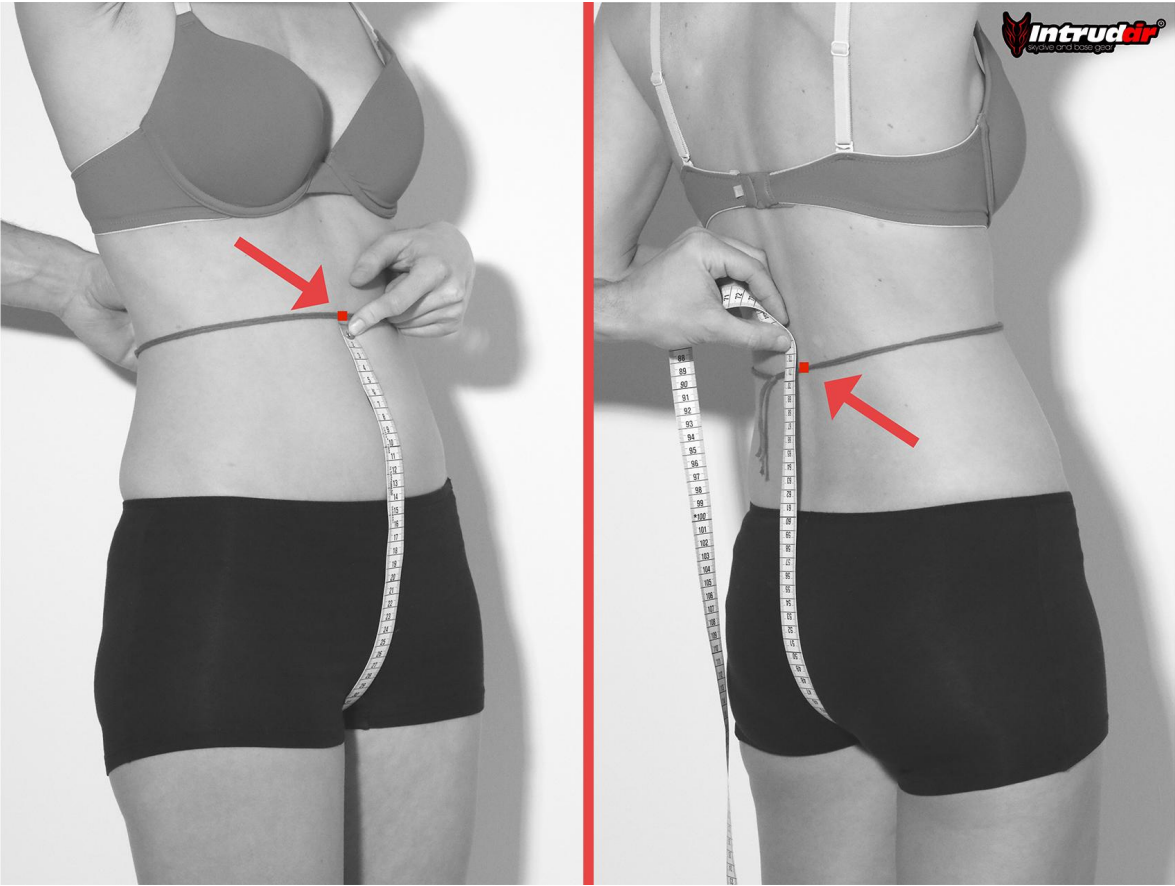
UPPER BODY BACK

Measure straight down from the first bone of your backbone to waist thinnest part level. You can put a thin cord around the waist at the thinnest part for better orientation. The first bone of your backbone is where the collar of a tight t-shirt would be.



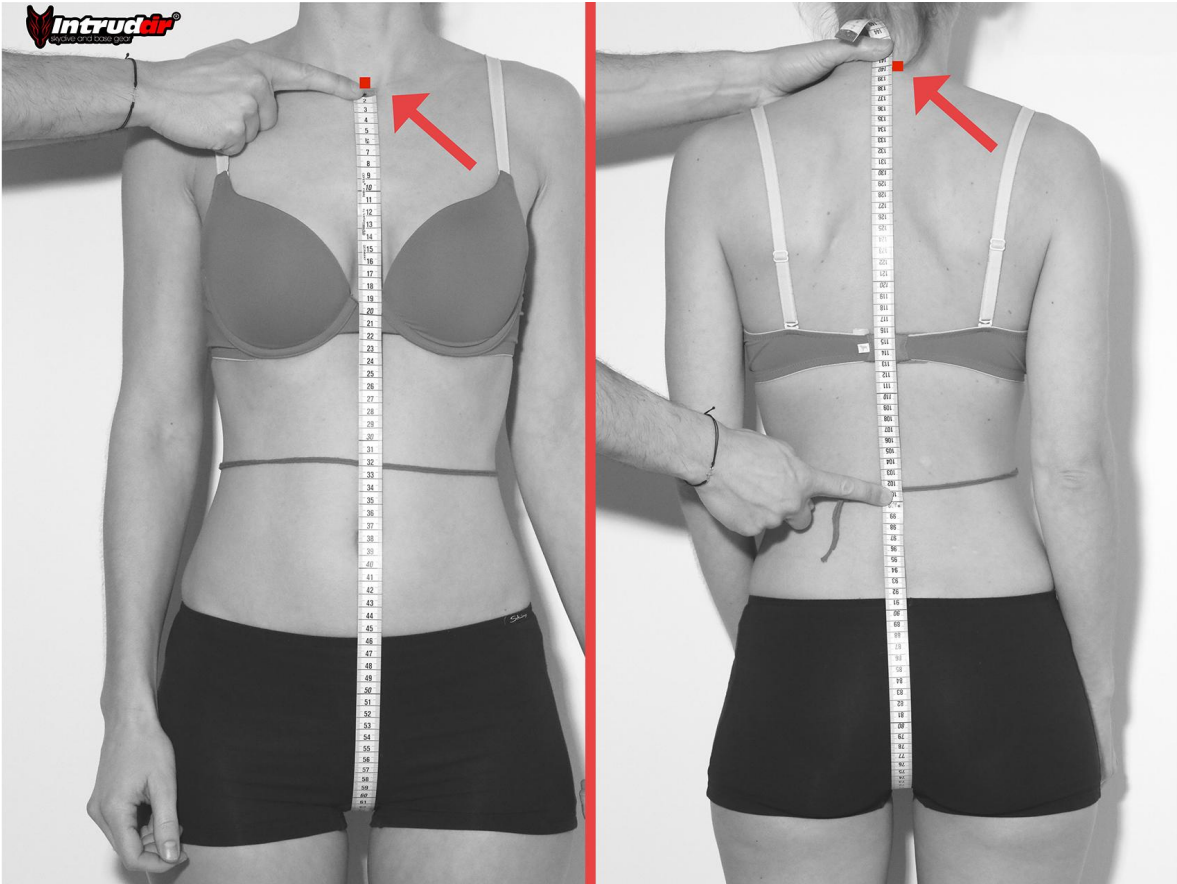
CROTCH

Measure the distance from belly button to the same level on your back side. You can use a thin cord around the belly button level for better orientation.



LOWER TORSO

Measure the distance from the thinnest part level off the waist to the same level on your back side. You can use a thin cord around the thinnest part of the waist for better orientation.



TORSO

Start from the hollow spot at the base of the neck and lead the measuring tape around the body to the first bone of your backbone. It's the same bone you used for the UPPER BODY BACK measuring.



SHOE CIRCUMFERENCE

Measure the circumference of the sole of your shoe.



ARMPIT TO WING

Its only for Camera suits, measure from the armpit to where you want the wing to finish (your wrist).

Q.



ARMPIT TO TOP STRAP

Its only for Camera suits, measure from the armpit to the top of the lateral rig.

R.





SPEARD ON THE STRAP

Measure from the top strap to the bottom strap.

S.



HALF WING SPAN

Should be measured from the sternum to the end of wrist.

T.



HANDLE SPAN

Measure the distance between the underside of your reserve handles.

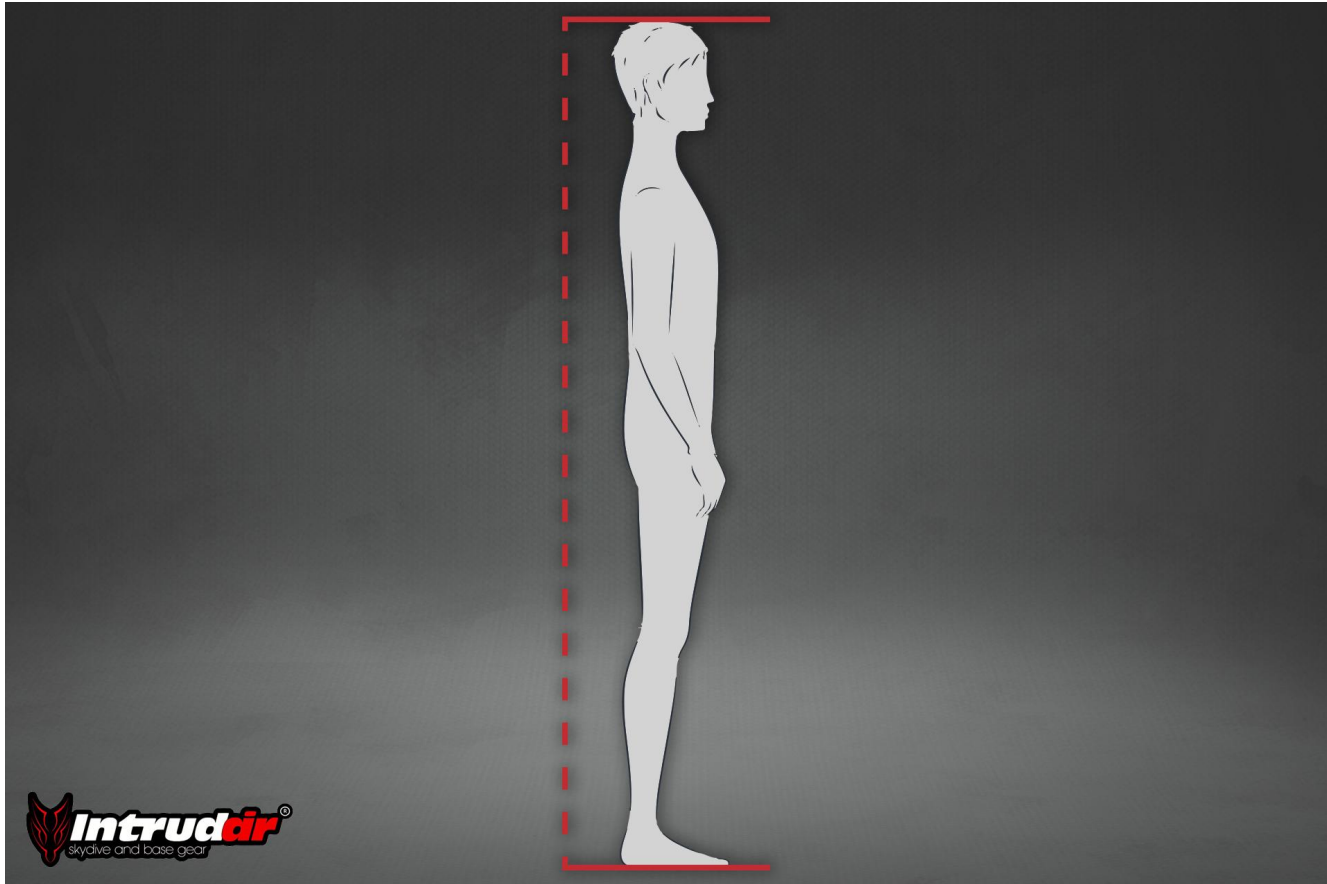
X.



HANDLE DEPTH

Measure from the top of your shoulder to the bottom of your reserve handles.

Y.



HEIGHT

Measure your Height.



WEIGHT

Measure your Weight.