» Please do not measure yourself. Have someone measure you but not a tailor. » Wear tight fitting comfortable clothes such as underwear.
» Use a cloth measuring tape and keep it tight to the skin.
» Take exact measurements and do not add anything to them.
If you have questions, please give us a call. We will make the suit to these dimensions and will not be responsible for measurement errors.

A $\qquad$ Neck Circumference- Measure around base of neck

B $\qquad$ Front Rise- Crotch seam to waist line
C $\qquad$ Torso Length- Crotch seam to middle of collar bones
$\square$ $\qquad$ Back Length- Crotch seam to base of neck from behind
E $\qquad$ Loop Torso Length- From middle of collar bone, down and around crotch seam up to base of neck

F
G $\qquad$ Chest Circumference- Around chest, arms down, big breath in

H $\qquad$ Stomach Circumference- Around widest part of stomach

I $\qquad$ Hips Circumference- Feet together, around hips at widest part
」 $\qquad$ Outseam- Waistband to ankle bone
K $\qquad$ Inseam- Crotch seam to ankle bone
L $\qquad$ Upper Thigh- On one knee and measure thigh paralell to floor
M $\qquad$ Calf- On one knee and measure around calf at widest part
N $\qquad$ Shoulder tip to shoulder tip- Across shoulders

0 $\qquad$ Shoulder tip to wrist- Tip of shoulder to wrist bone
$\mathbf{P}$ _Bicep- Around the bicep flexed
Q $\qquad$ Forearm- Around the forearm


Name: $\qquad$

Email: $\qquad$

Phone: $\qquad$

Height: $\qquad$ ft $\qquad$ in Weight: $\qquad$ lbs


