

## DTG 1 PIECE SUIT MEASURING GUIDE

Be sure to leave a finger gap between tape measure and body **NOT A TIGHT MEASURE.**

**MUST DO ALL MEASURING WITH 2 PEOPLE and TAKE YOUR TIME.**

Use a soft tape or thin belt and set this around your waist at **BELLY BUTTON** and leave it there.

Use this as a centre line/reference point for all measurements where waist is referenced **B H M & N**

### Measurements

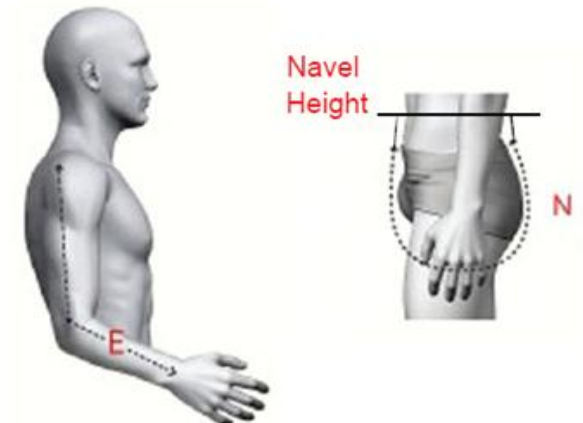
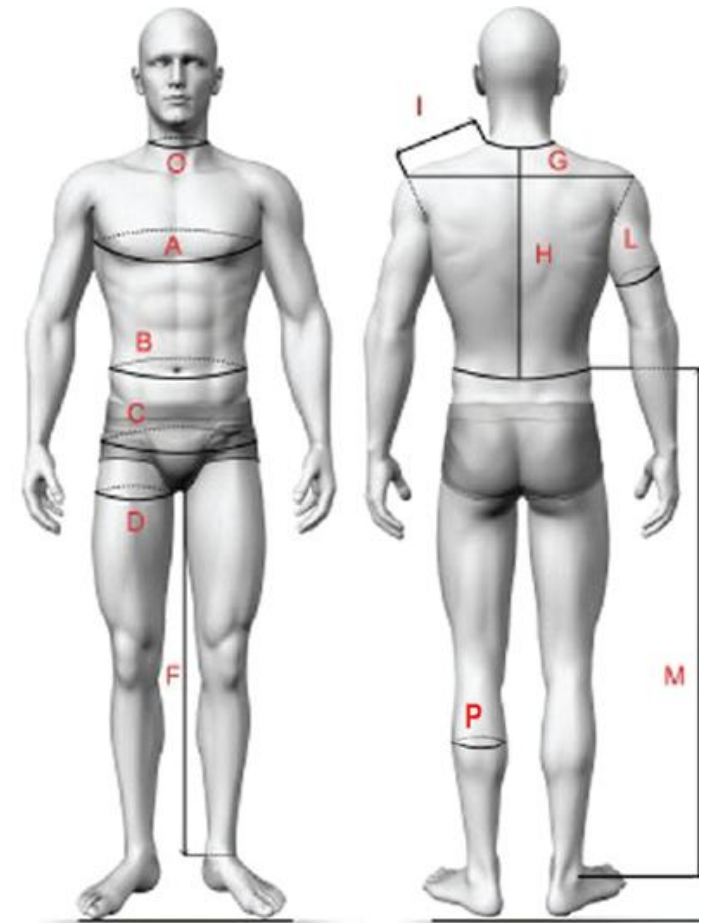
1. Measure around chest across nipples *slightly inhale* **A**
2. Measure around stomach at *belly button* **B**
3. Measure around hips at *widest part* **C**
4. Measure around thigh at *widest part* **D**
5. Measure from shoulder/arm joint to wrist **MAKE SURE TO BEND ARM SLIGHTLY** **E**
6. Measure from under crotch to ankle *Inside leg* **F**
7. Measure across shoulders on back **G**
8. Measure base of neck to waist *Follow Back Bone* **H**
9. Measure from base of neck to shoulder/arm joint **I**
10. Measure around wrist **K**
11. Measure around bicep *slightly flex* **L**
12. Measure from side of waist to lower ankle **M**
13. Measure from belly button through crotch to same position on back **N**
14. Measure around neck *below adams apple* **O**
15. Measure around calf at *widest part* **P**
16. Take a measurement from base of neck through to lower ankle = **H and M**

Height in CM's

Weight in KG's

CM's

**Note: To make sure measurements are correct, do an overall measurement from base of neck through to lower ankle to make sure H and M add in as total length 16.**



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