

# HOW TO MEASURE





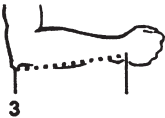
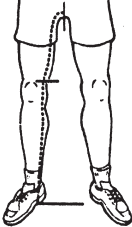
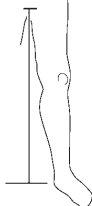


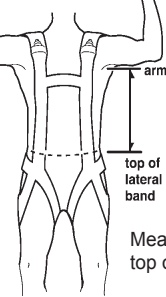
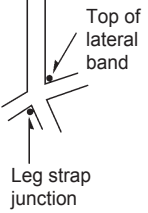
... HAVE SOMEONE MEASURE YOU...

... Measure over usual skydiving clothing...

... Give extra information eg. winter clothes...

... Always measure from the widest point...

If these measurements are taken in the sequence given, using the same ending and starting points, measuring will be quicker and more accurate.

<p><b>A ARM</b></p> <p>With arm straight out measure from hole in throat to wrist.</p>	<p><b>BC SHOULDER TO THUMB</b></p>  <p>Shoulder tip to thumb tip.</p>	<p><b>C SHOULDER TO ELBOW</b></p>  <p>From the ending point #2 bend arm across waist. Measure down to the very tip of the elbow #3.</p>	<p><b>D SHOULDER</b></p>  <p>With arms down at your side place tape on the shoulder tip #1 where a shirt seam lays. Across the back to the other shoulder tip #2.</p>	<p><b>L KNEE</b></p>  <p>Leaning forward measure around the leg at the widest point on the muscle.</p>
<p><b>B ELBOW TO WRIST</b></p>  <p>From point #3 measure to where the wrist bends just past the wrist bone.</p>	<p><b>M Put on usual N skydiving shoes</b></p>  <p>Have them standing. Measure from deep crotch where the seam of their jeans cross. Do not curl tape over at the crotch. Lay the tape against the leg. Measure to the the TOP OF KNEE CAP. Write down this measurement. Then continue on down to the floor.</p>		<p><b>M, N CROTCH TO FLOOR</b></p>  <p>Measure from deep crotch to the floor.</p>	<p><b>Z</b></p>  <p>From the hole at the throat, measure down and under the crotch, up the back to the top of the bone at the base of the neck. Have tape snug but comfortable under crotch, we add for fit. Measure over clothes &amp; weight vest if worn.</p> <p><b>Z SHORT</b></p>  <p>Measure from the waist, down under the crotch, back up to the waist line. Wear pants or shorts that have a waist you like.</p>
<p><b>Q2 MIDRIFF</b> Measure from outside of both lift webs over belly button.</p>  <p><b>Q1 ARMPIT TO TOP OF LATERAL BAND</b> Measure from armpit to top of lateral band.</p> <p>These measurements must be taken wearing your rig.</p>		<p><b>Q3 TOP OF LATERAL BAND TO LEG STRAP JUNCTION</b></p>  <p>Top of lateral band Leg strap junction</p>		

(E) BICEPS FLEX THE RIGHT BICEPS, IF RIGHT HANDED. HOLD FLEXED AND MEASURE AT THE WIDEST POINT.

(F) FOREARMS FLEX THE FOREARM AND MEASURE AT THE WIDEST POINT.

(G) WRIST THE EASY ONE

(Ha) CHEST (PUT ON WEIGHT VEST IF USED) WITH THE ARMS DOWN AT SIDES, MEASURE AROUND THE UPPER CHEST AT ARMPIT LEVEL. DO NOT CURVE THE TAPE. KEEP THE TAPE LEVEL.

(H0) CHEST DO NOT OVER INFLATE YOUR CHEST. WITH THE ARMS AT SIDE, MEASURE OVER NIPPLES AROUND THE CHEST. KEEP TAPE LEVEL. PLEASE INCLUDE CUP SIZE FOR WOMEN.

(I) WAIST MEASURE ABOVE THE HIPS AND BELOW THE RIB CAGE. DON'T SUCK IN YOUR WAIST. REMEMBER WE MAKE WHAT YOU MEASURE.

(J) HIPS REMOVE THE WALLET FROM YOUR BACK POCKET. MEASURE AT THE WIDEST POINT. IT WILL ENCOMPASS THE HIP JOINT. TAKE 2 OR 3 MEASUREMENTS AND THEN USE THE WIDEST.

(K) THIGH AGAIN TAKE 2 OR 3 MEASUREMENTS. MEASURE AT WIDEST POINT AT TOP OF THE LEG. KEEP THE TAPE LEVEL.

(L) KNEE PUT YOUR FOOT ON A CHAIR AND LEAN FORWARD SLIGHTLY TO FLEX THE ABOVE KNEE MUSCLE AND MEASURE AROUND THE LEG AT THE WIDEST POINT ON THE MUSCLE THAT BULGES THERE.

(O) CALF MEASURE AT THE WIDEST POINT ON THE CALF MUSCLE. KEEP THE TAPE LEVEL.

(X) TORSO HOLE IN THROAT TO WAIST.

(WA) WING ARM SHOULDER TIP TO WRIST.



TONY SUIT