

# **MEASUREMENTS GUIDE**

**Before measuring yourself**, you should take into consideration, how **IMPORTANT** the **correct** measurements are. It's up to **you**, how well the suit will **fit you**. We will make your suit according to **your measurements**.

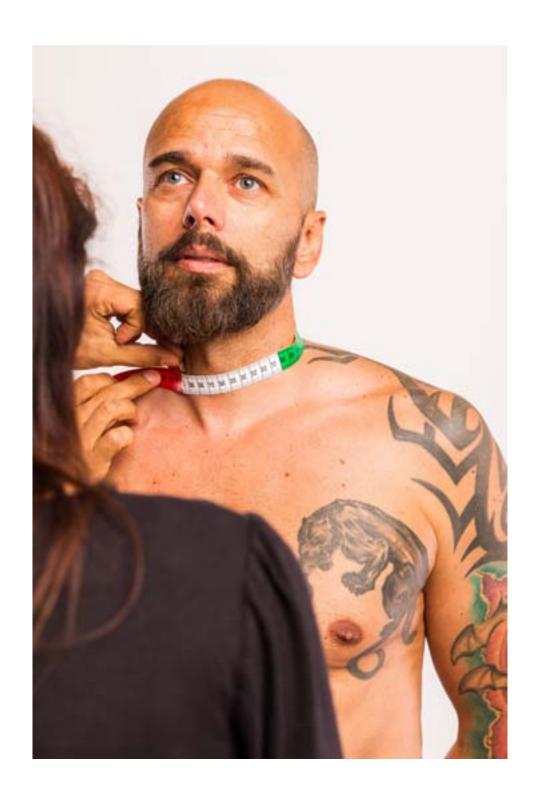
**PRO-FLY Suits** cannot hold any responsibility for inaccurate measurements. If you have any additional questions, please contact us by email: **info@pro-fly.eu**.

#### We strongly recommend that you follow these instructions:

- Don't measure yourself alone. Get **someone** to take your measurements.
- The measuring tape should not be held too tight or too loose.
- Double check each measurement.
- Take measurements wearing a T-shirt and thin trousers.
- Follow our reference photos below to correctly measure each part of the body.

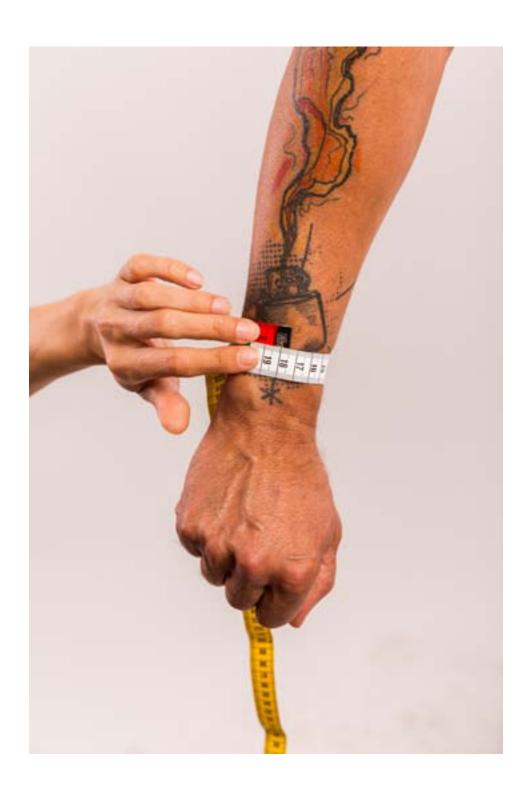
## **NECK**

Measure around the neck as shown in the picture below.



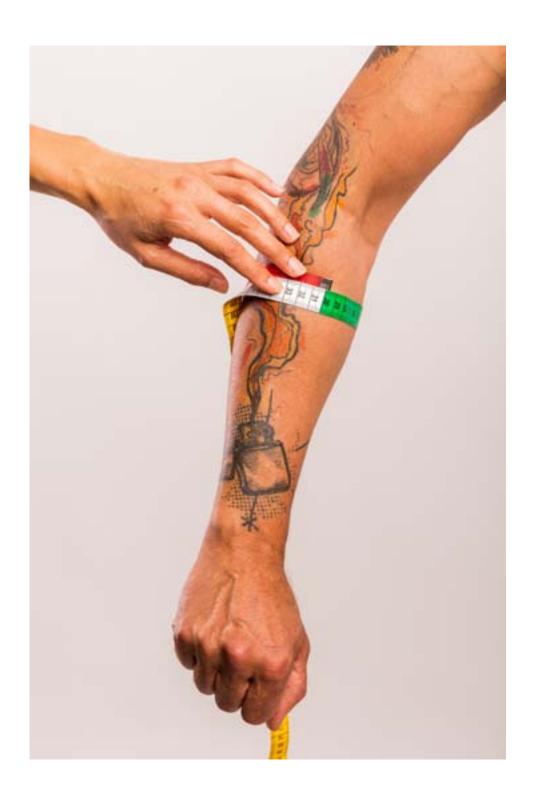
### **WRIST**

Measure around the wrist.



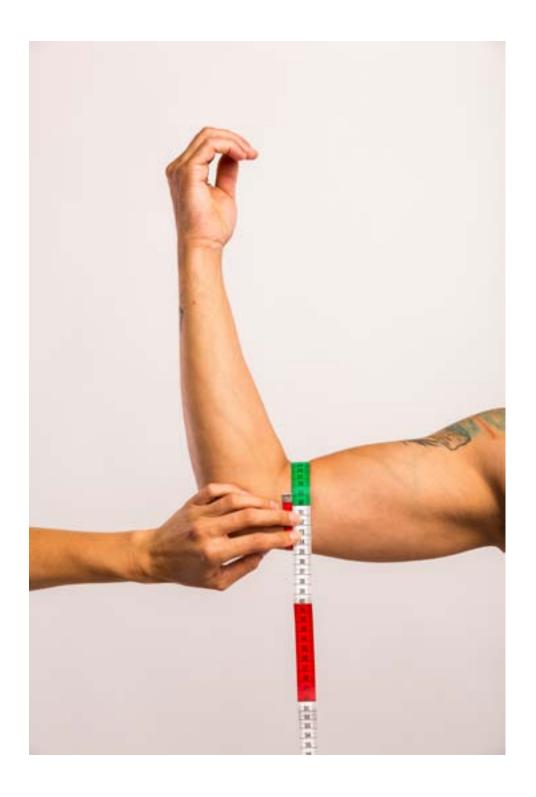
### **FOREARM**

Measure around the forearm muscle.



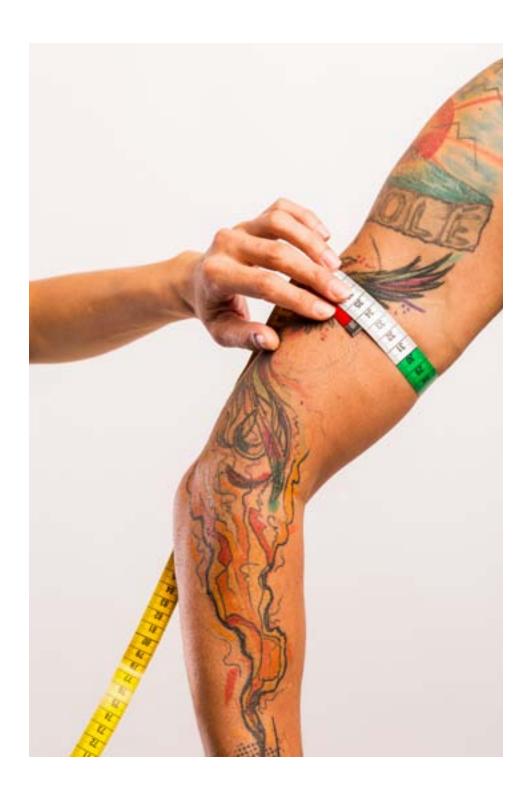
#### **ELBOW**

Bend your arm at a 90-degree angle at the elbow joint. Measure around the upper arm at the lowest point.



### **BICEPS**

Measure the widest part of muscle with the biceps relaxed.



### **SHOULDERS**

Measure across the back from one top of the shoulder to the other. Keep the measuring tape straight.



#### **ARMS**

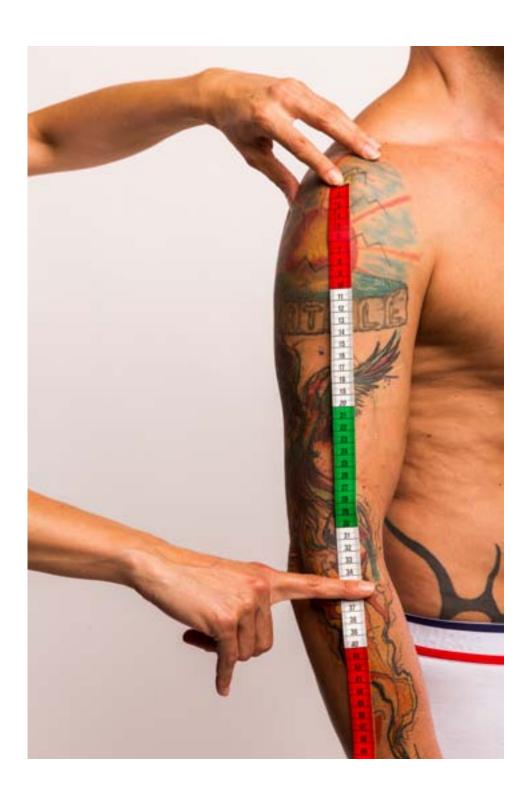
Measure the arm from the top of the shoulder to the wrist.



ARMS = ARMS 1 (Upper part of the arm ) + ARMS 2 (Lower part of the arm)

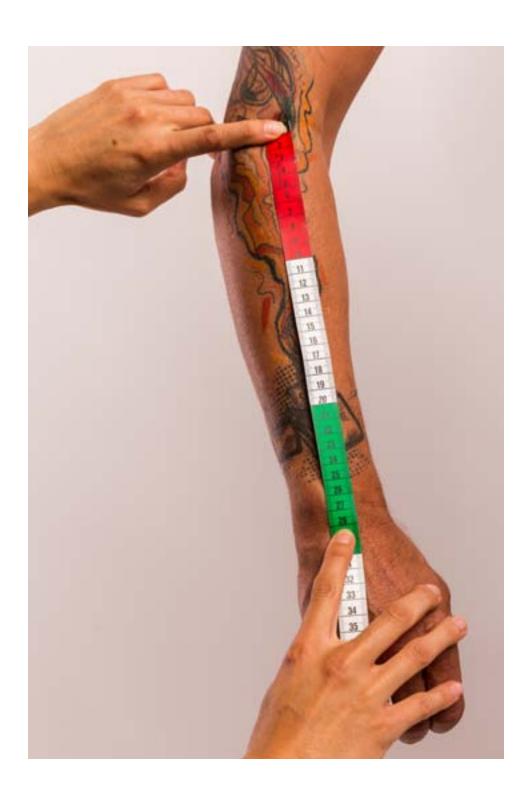
### ARMS 1

Measure the upper arm from the top of the shoulder to the elbow joint as shown in the picture below.



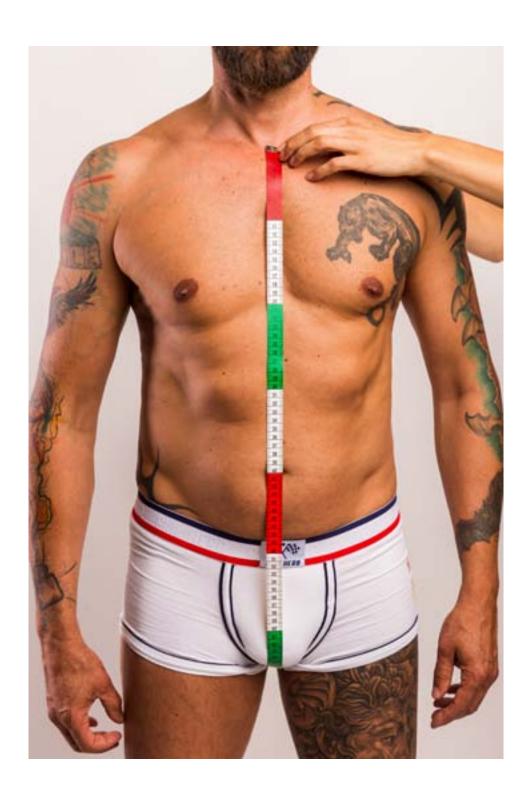
### ARMS 2

Measure the forearm from the elbow joint to the wrist as shown in the picture below.



#### **TORSO**

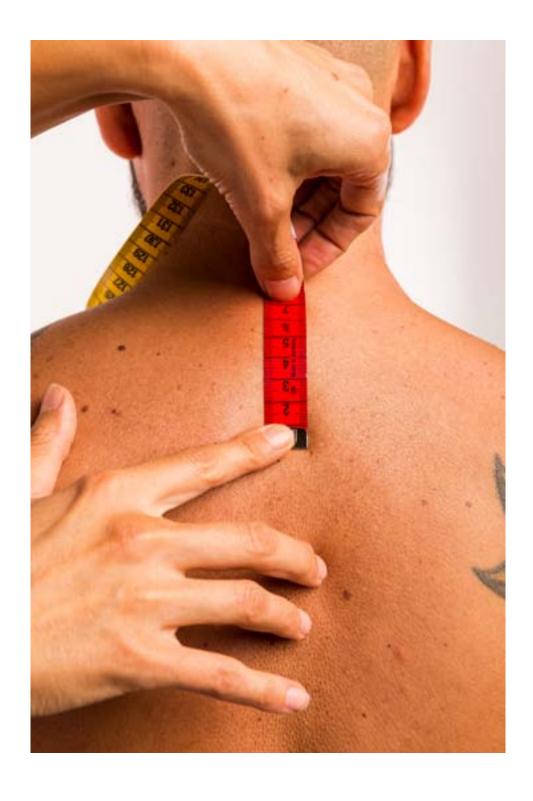
Measure the torso starting from the jugular notch, underneath the crotch and up the back to the bone at the base of the neck.



Make sure there is no free space between the tape and the body in the crotch area.

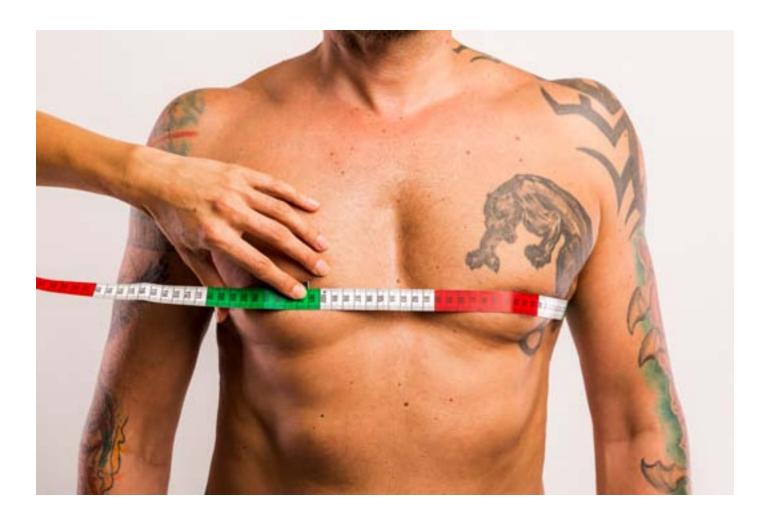


If your measuring tape is not long enough, just continue from the point where you ended and add up both measurements.



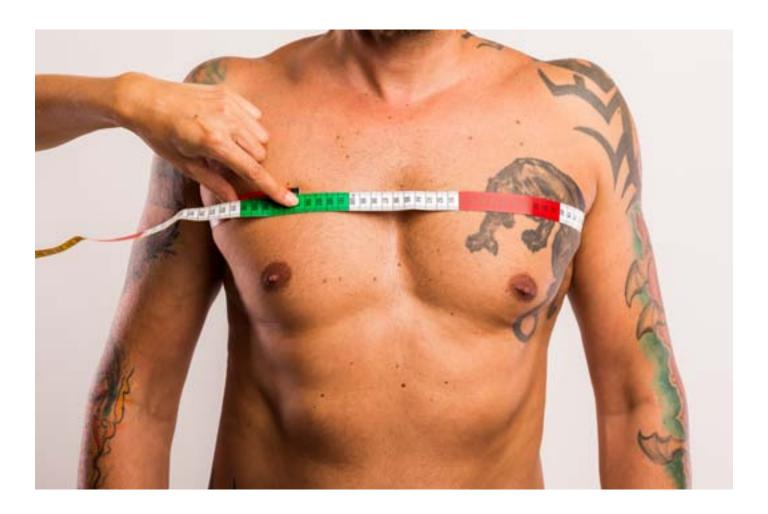
#### **CHEST**

Measure all the way around the chest across the nipples. Put your arms down. Do not over inflate your chest.



### **UPPER CHEST**

Measure all the way around the upper chest below the armpits. Put your arms down. Do not over inflate your chest.



#### **WAIST**

Male: Measure all around the waist across the navel. Don't pull in your belly. Female: Measure all around the narrowest part of the waist. Don't pull in your belly.



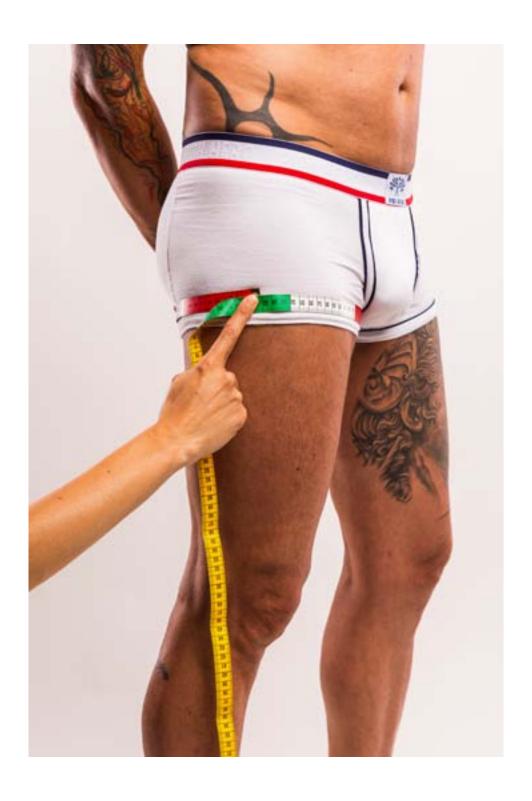
**HIPS** 

Empty your pockets. Measure the widest part around the buttocks.



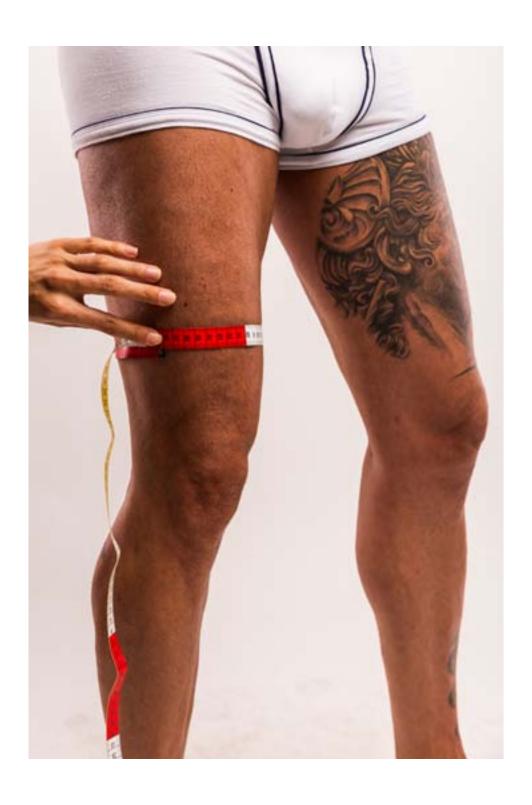
### **UPPER THIGH**

Measure the widest part of the upper thigh. Keep your leg straight.



### **LOWER THIGH**

Measure around the lower thigh 13 cm above the center of the kneecap.



### **CALF**

Measure around the lower leg at the widest part of the calf muscle.



### **ANKLE**

Measure your leg just above the ankle joint.



#### **LEGS**

Stand up straight and barefoot. Place the end of the tape high up to the crotch and measure straight down to the floor.

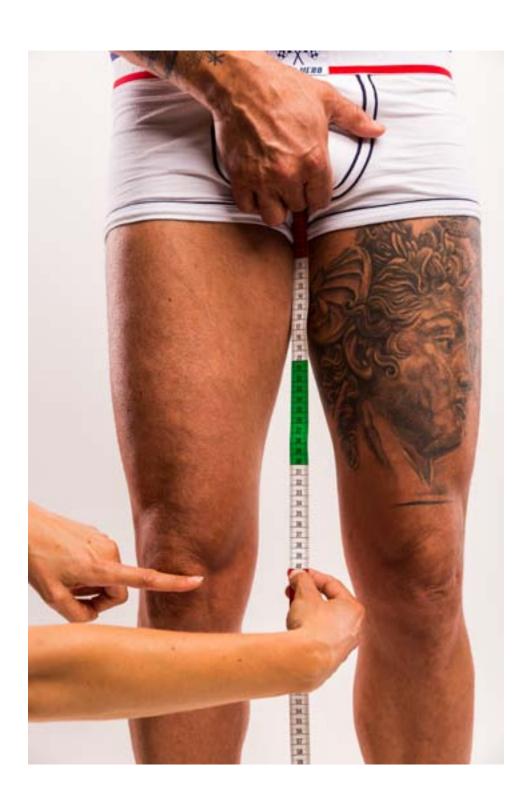
Make sure that the start of tape is high in the crotch. Do not curl the tape over the crotch.



LEGS = LEGS 1 (Upper part of the legs) + LEGS 2 (Lower part of the legs)

#### LEGS 1

Place the measuring tape up to crotch, the same as for legs and measure the distance to the level of the knee center.



### LEGS 2

Measure the distance from the level of the knee center down to the floor.

