

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.

