



How to Measure:

You will need:

1. A soft measuring tape & a body!
2. A suit or underwear must be worn while measuring your gymnast.

1 girth

Measure from the top of the shoulder down through the legs and back up to the top of the shoulder where you started.

2 chest

Measure around the widest part of the chest.

3 waist

Measure around the narrowest part of the waist.

4 hips

Measure around the widest part of the hips.

5 sleeve length

With arms straight at your sides (unlike photo), measure from the top of the shoulder bone down the arm to desired length.

Please Note: If your chest or hip measurements are large, please order one size up or contact us for specific sizing information.

