

A- CHEST CIRCUMFERENCE
Measure the circumference around the widest point right under the armpits. A2 -For the WOMAN you must also give the circumference of the breast (widest point). A3 -KART SUIT – Take measurements wearing your rib protector if worn inside.
B- WAIST CIRCUMFERENCE
Measure the circumference at belly button height B2 -belt level
C- HIP/PELVIS CIRCUMFERENCE
Measure the circumference at widest level of the buttocks.
D- THIGH CIRCUMFERENCE
Measure the circumference at the widest point of the thighs.
E- INSIDE LEG LENGTH
Measure the inside leg length from groin to the ground without shoes.
F- SLEEVE LENGTH
Measure from the center of the neck (vertical column bone) passing from the shoulder down to the wrist (bending your elbow 90°)
G- NECK CIRCUMFERENCE
Measure the circumference of the neck leaving the space for a finger between the neck and the tape measure.
H- SHOULDER WIDTH
Measure at the widest point from bone to bone on the back.
I- FRONT WAISTLINE LENGTH
Measure from the intersection of the neck with the shoulder down to the bellybutton (point B1).
L- GROIN LENGTH
Measure from the intersection of the neck with the shoulder down to groin line.
M- BACK WAISTLINE LENGTH
Measure from the intersection of the back of the neck with the shoulder down to belly button height.
N- FRONT TO BACK GROIN
Measure from the belly button height down the crotch and back up to the belly button.
O- CALF CIRCUMFERENCE
Measure the widest point of the calf.
P- BICEP CIRCUMFERENCE
Measure the widest point of the bicep.
Q- EXTERNAL LEG LENGTH
Measure from belly button (point B1) to the ground without shoes.

