



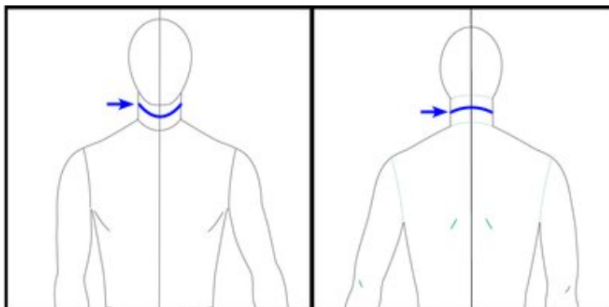
MEASUREMENT GUIDE - PIT SPECIAL JUMPSUIT



MEASURE the circumference of the shoe.

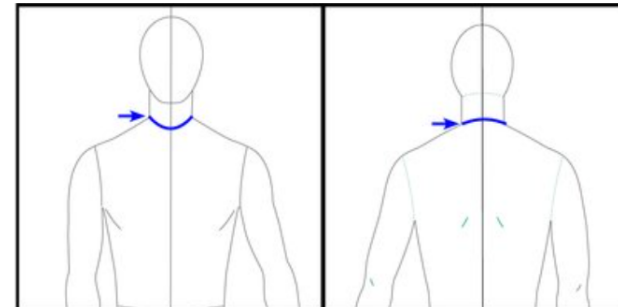
Wear the same shoes that are worn for skydiving.

If multiple types of shoes are worn, measure the larger shoe.



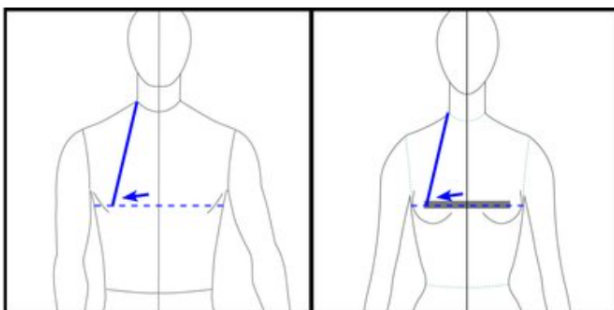
MEASURING the Neck Circumference at Center *New

Measure around the center of the neck, usually around the Adam's apple.



MEASURING the Neck circumference at base

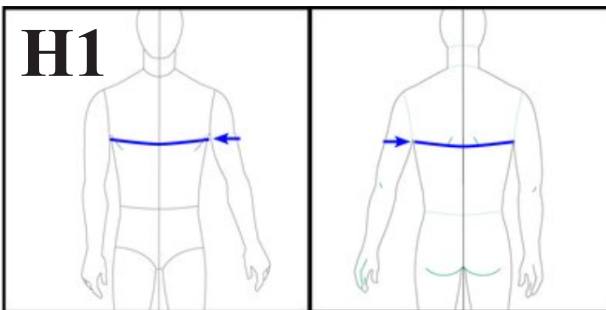
Measure around the base of the neck. At the front of the neck, the tape measure rests at the top of the collarbone, gently snug against the neck.



MEASURING the Length from Neck to Nipple (Bust Level) *New

To find the starting point: hold a pen vertically behind the ear, and where it meets the base of the neck is the starting point.

A diagonal measurement from the neck to the nipple.



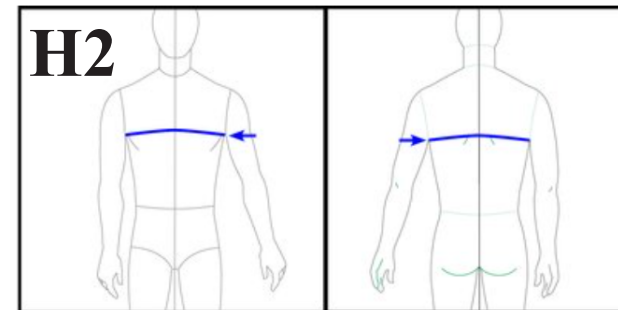
MEASURE the Chest Circumference at Nipple Level

Raise the arms and place the tape measure around the back and underneath the armpits, level with the nipples.

Lower the arms and take equal, measured breaths.

Make sure the tape measure is level.

Jumping in cold weather = wear the thick clothing while being measured.



MEASURING the Circumference of the Upper Chest

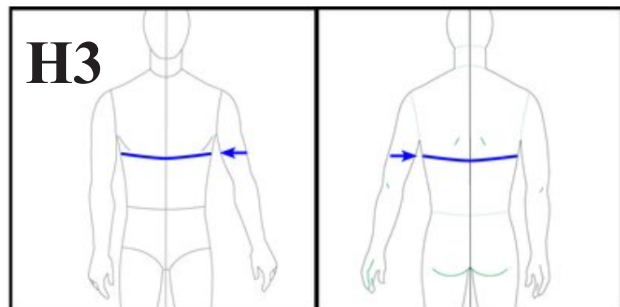
Raise the arms and place the tape measure around the back and underneath the armpits. Lower their arms and take equal, measured breaths.

Make sure the tape measure is level.

Jumping in cold weather = wear the thick clothing while being measured.

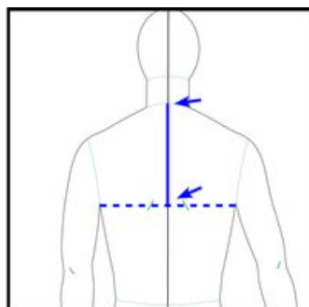


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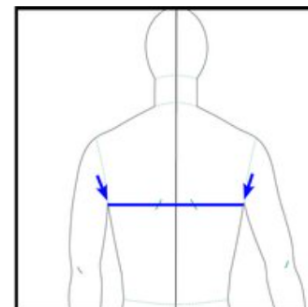
H3
MEASURING the Lower Chest Circumference *New

Measure the circumference of the torso below the pectoral muscles.
On women this is level with the band of the bra.



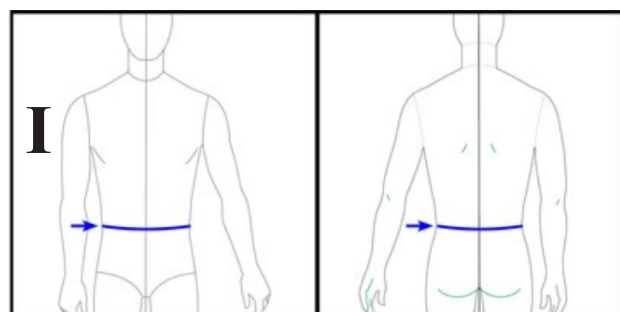
MEASURING the Length of Back to Armpit, from neck *New

A vertical measurement along the spine, from the back of the neck to the level of the armpits. Do not angle toward armpit.



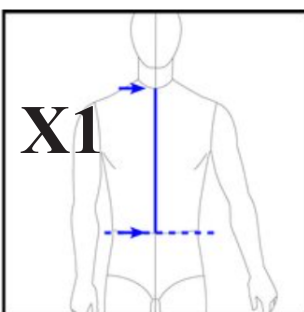
MEASURING the Width of Back Chest *New

Measure horizontally across the back, level with the top of the armpits.



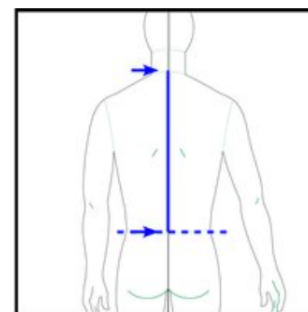
I
MEASURE the Waist circumference

Narrow waists: measure below the ribs but above the naval.
Wider waists: measure at the widest part of the waist.
For both, check that the measuring tape is parallel to the ground.



X1
MEASURING the Length of Torso to Waist, from Front of Neck

Begin by squaring the shoulders over the hips.
A vertical measurement starting between the collar bones, straight down the center line to the waist level.

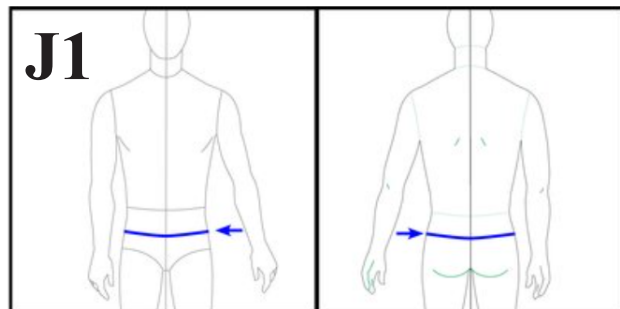


MEASURING the Length of Torso to Waist, from Back of Neck*New

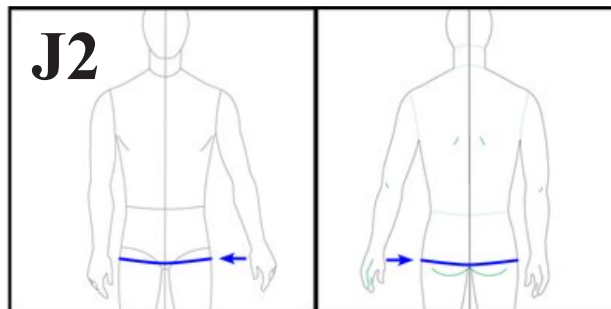
Begin by squaring the shoulders over the hips.
A vertical measurement along the spine, from the back of the neck to the waist level.



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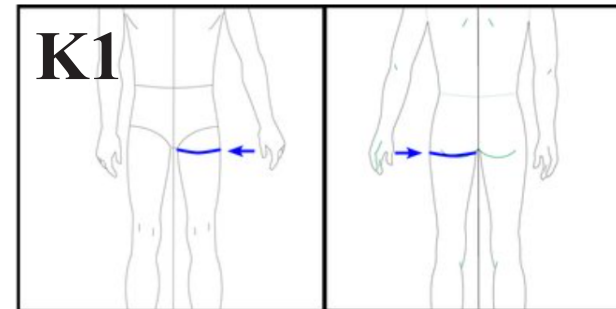
J1
MEASURING the Upper Hip Circumference *New



J2
Lower Hip and Buttocks Circumference

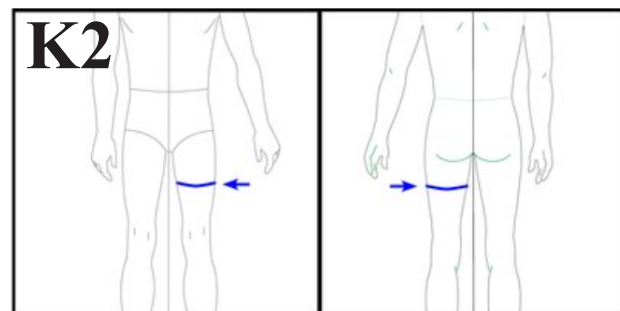
Measure the widest part of the hips, don't go past the crotch level.

Check that the measuring tape is parallel to the ground.



K1
MEASURING the Top of Thigh Circumference

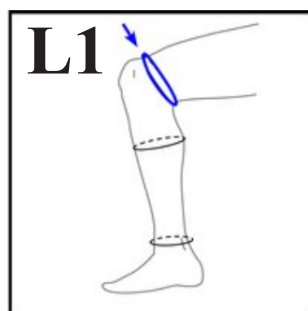
Holding the measuring tape parallel to the ground, measure the circumference of the highest point of the thigh.



K2
MEASURING the Mid-Thigh Circumference *New

Keep the tape parallel to the ground.

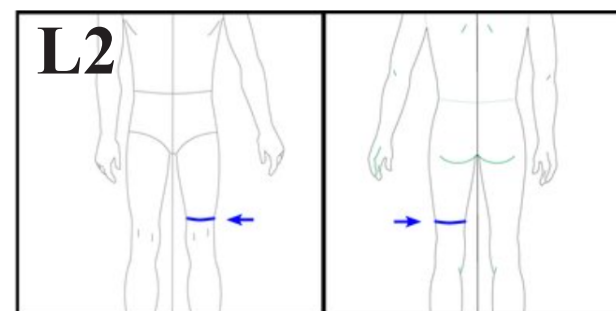
Measure halfway between the upper thigh and the knee.



L1
MEASURING the Upper Knee Circumference, 90 degree bend

Raise the knee up to a 90 degree angle.

Measure above the kneecap, around the base of the thigh.

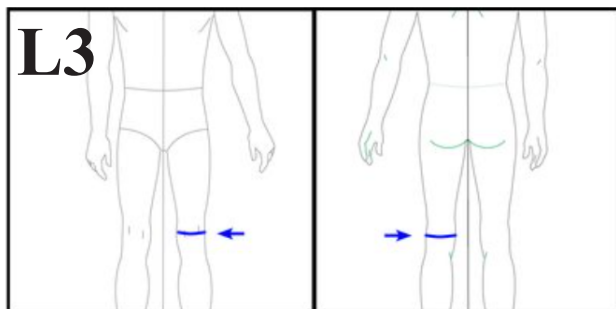


L2
MEASURING Above Knee Circumference, straight leg *New

Standing with no bend in the knees, hold the tape parallel to the ground, and measure the circumference of the upper knee, just above the kneecap.

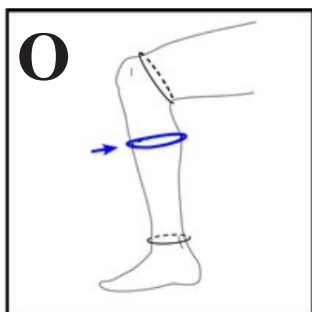


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MEASURING the Mid-Knee Circumference, straight leg *New

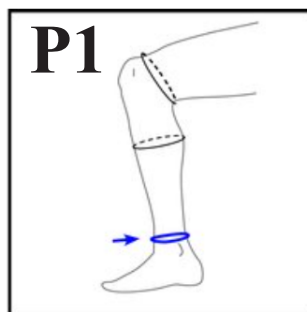
Standing with no bend in the knees, hold the tape parallel to the ground, and measure the circumference of the mid-knee, centered to the kneecap.



MEASURING the Calf Circumference

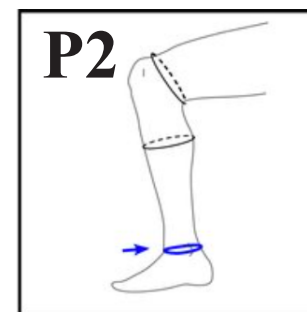
Measuring tip for those with large calf muscles,

Lifting the heel will engage the calf muscle. Stand with the toe on the edge of a surface and lift the heel.



MEASURE the Upper Ankle Circumference

Check that the measuring tape is parallel to the ground.



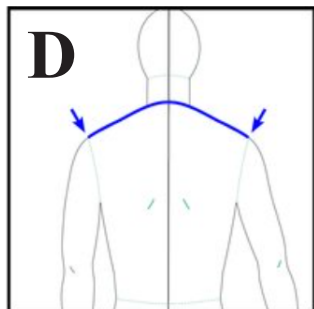
MEASURE the Ankle Circumference

Check that the measuring tape is parallel to the ground.

Pass the tape over the ankle bone, measuring the circumference.



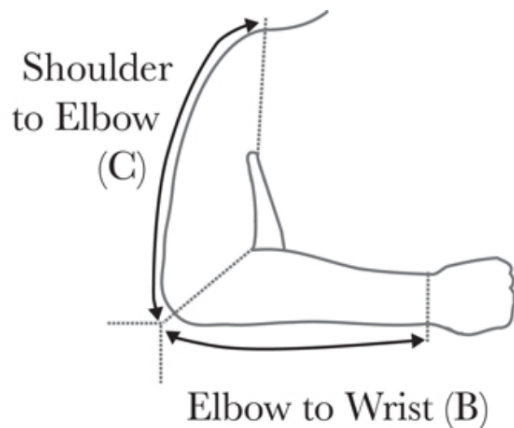
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MEASURING the Shoulder Width

The best reference for this is between the two prominent bones at the shoulder edges or imagine a line straight up from your armpits to your shoulders and measure between those two points (note the dotted lines in the picture).

The shoulder (D), shoulder to elbow (C) and elbow to wrist (B) are continuous measurements. These 3 measurements place the grips in the correct location on the upper arm and define the seam between the upper arm and the spandex forearm.



MEASURING the Length of the Upper Arm, Shoulder to Elbow

Mark the end point on the (D) measurement with your finger, reset the tape and measure down to the center of the elbow with the arm bent in a 90 degree position.

The shoulder (D), shoulder to elbow (C) and elbow to wrist (B) are continuous measurements. These 3 measurements place the grips in the correct location on the upper arm and define the seam between the upper arm and the spandex forearm.

A1

MEASURING the Length of the Upper Arm, Neck to Elbow at 90 degrees, *New

To find the starting point: hold a pen vertically behind the ear, and where it meets the base of the side of the neck is the starting point.

A measurement along the arm, starting at the neck and ending at the elbow. Arm is at a 90 degree angle.

A2

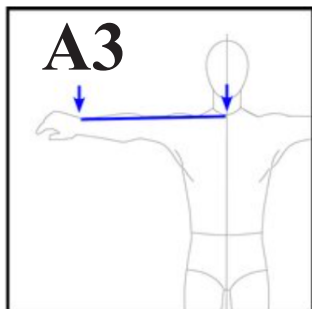
MEASURING the Length of the Entire Arm, Neck to Wrist, *New

To find the starting point: hold a pen vertically behind the ear, and where it meets the base of the side of the neck is the starting point.

A measurement along outside edge of the arm, starting at the neck, going over the elbow, and ending at the wrist. Arm is at a 90 degree angle.



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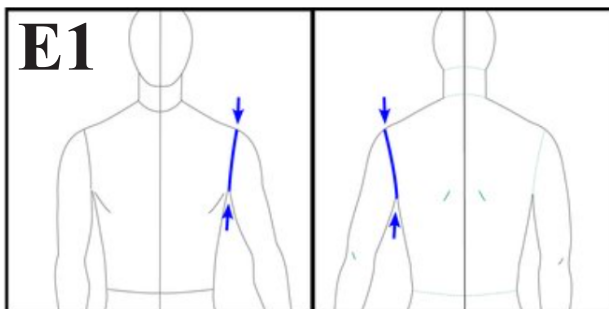


MEASURING the Length of the Entire Arm, Collarbone to Wrist

Measure one arm first, and then compare to the second arm. Use the longer measurement.

Hold the arm up, perpendicular to the ground, and in line with the shoulder.

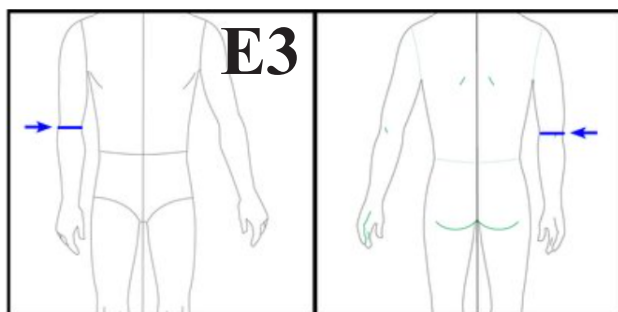
Measure from the center of the collarbone to the wrist.



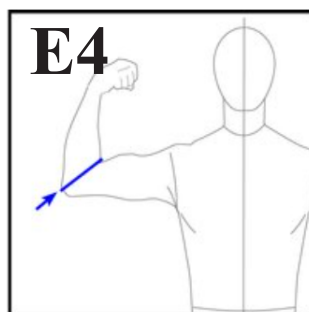
MEASURING the Shoulder Joint Circumference *New

Measure the entire shoulder joint circumference, with the arm lowered and flexed.

The tape will need to pass under the armpit.



MEASURE the Elbow Circumference



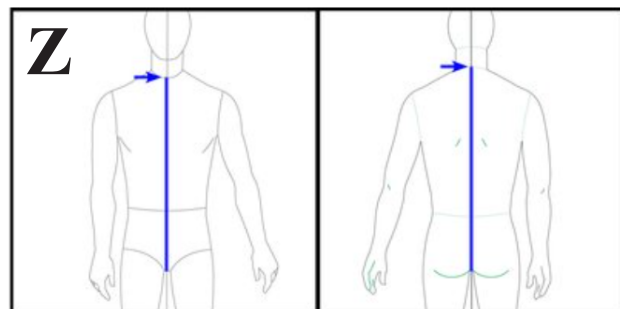
MEASURE the Elbow Circumference, 90 Deg. Bend *New

Measure the circumference of the elbow, inside the elbow crease.

Bend elbow to 90 degrees.



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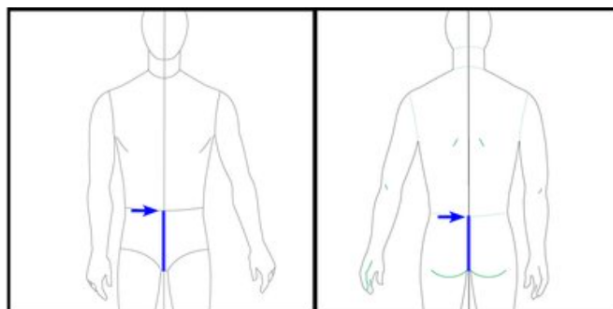


NEW: Press the tape measure against the front and back of the torso.

Square shoulders over hips.

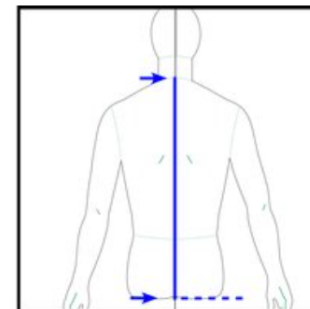
Hold the tape measure against the center of the collarbone.

Run the tape down the torso's center line, between the legs (over the crotch), and up the back to the base of the neck.



MEASURING the Crotch Length, from waist *New

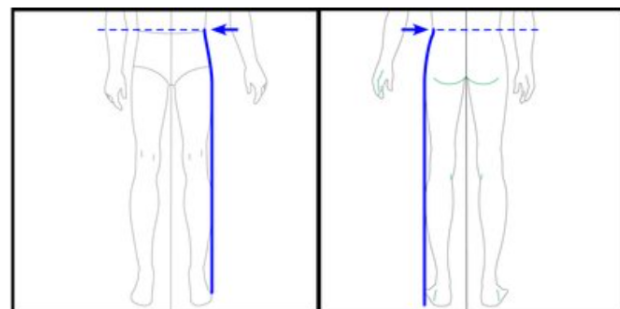
A measurement from front of the waist to the back of the waist, passing the tape measure between the legs, and over the crotch.



MEASURING the Length of Torso to Seat, from Back of Neck *New

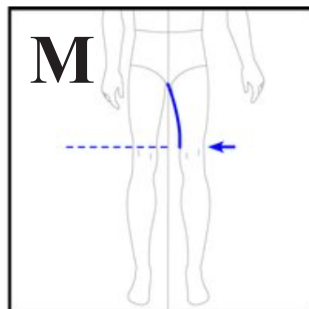
Begin seated on a flat surface, with the shoulders squared over the hips.

Measure vertically from the back of the neck, down along the spine, ending at the flat surface, pressed against the body -including the lower back.



MEASURING the Length of Lower Body, from Waist to floor *New

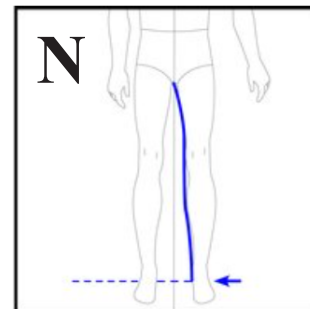
A vertical measurement from the side of the waist, along the body, to the floor. Wear shoes.



NEW: Press the tape measure against the leg.

Stand with feet hip width apart and shoulders over the hips.

Hold the tape measure against the center of the crotch, where all seams intersect. Measure along the leg to the TOP of the knee.



NEW: Press the tape measure against the leg.

Stand with feet hip width apart, and shoulders over the hips.

Hold the tape measure against the center of the crotch, where all seams intersect. Measure along the leg to the floor, wearing shoes.