

IMPORTANT NOTE ABOUT MEASURING

**** Get measured wearing the thickest clothing you would wear under your suit. Don't forget to include weights and/or braces, if you plan to wear them under your suit. If you jump in colder weather, make sure to wear your winter layers while being measured. ****

Questions? Please contact us: support@tonysuits.com or 1-813-851-0043

Shoe Circumference

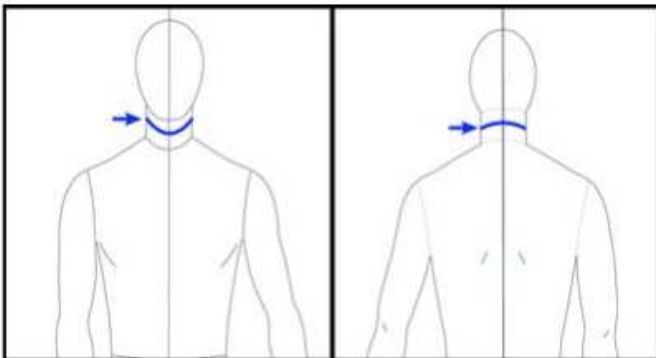


Measure the Circumference of Shoe

Wear the same shoes that are worn for skydiving.
If multiple types of shoes worn, measure the largest shoe.

Measure around the outside of the sole of the shoe.

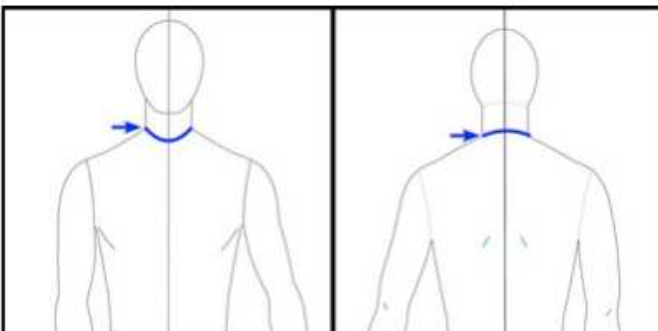
Neck at Adam's Apple/Center



Measuring Neck Circumference at Center

Measure around the center of the neck
Usually around the area of the Adam's Apple on men.

Neck at Base

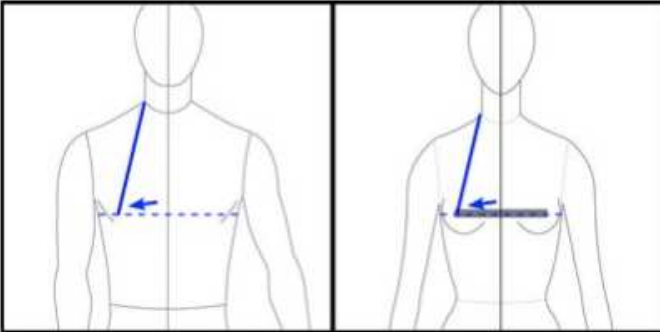


Measuring Neck Circumference at Base

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 neck.

Remember: Measure over the thickest layer of clothing you want to put on under your suit. Include any belts or braces, if planning to wear under suit.

Neck to Bust Point/Nipple

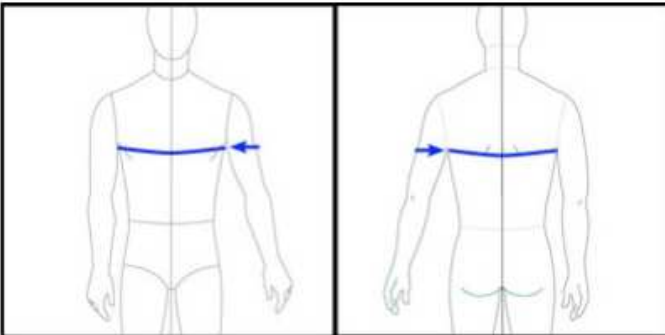


Measuring Length from Side of Neck to Bust Level

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

A diagonal measurement from the neck to the nipple.

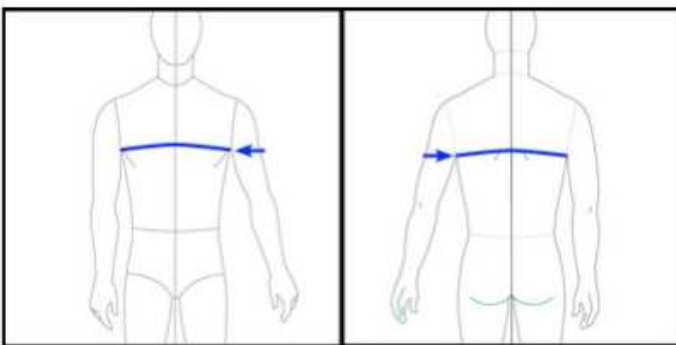
Chest at Bust Point/Nipple Level (H1)



Measuring Chest Circumference at Bust/Nipple Level

Raise arms and place tape measure around the back and underneath the armpits, level with the nipple line or largest part of the bust. Lower the arms, make sure tape is level, and take a full breath.

Upper Chest (H2)

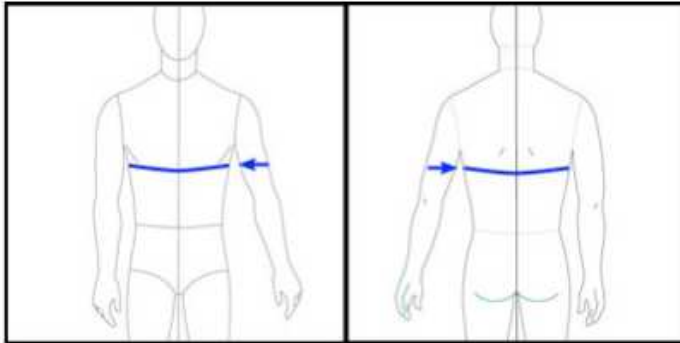


Measuring the Circumference of the Upper Chest

Raise the arms and place tape measure around the back and underneath the armpits. Lower the arms, make sure tape is level, and take a full breath.

Remember: Measure over the thickest layer of clothing you want to put on under your suit. Include any belts or braces, if planning to wear under suit.

Lower Chest (H3)

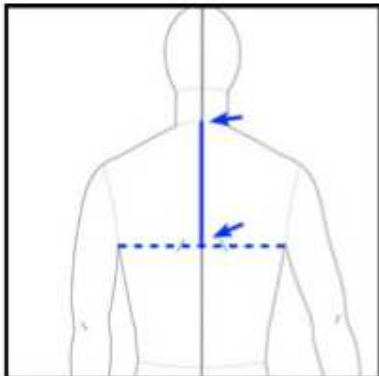


Measuring Lower Chest Circumference

Measure the circumference around the torso, just below the pectoral muscles.

On women, this is level with the band of the bra.

Back of Neck to Armpit Level

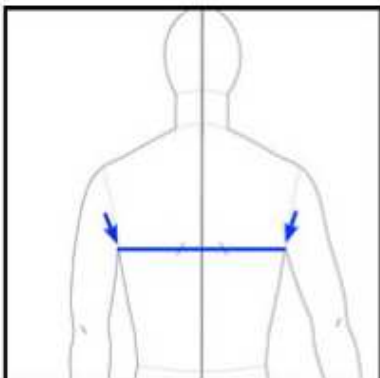


Measuring the Length from Back of Neck to Armpit Level

A **VERTICAL** measurement, along the spine, from the center of the back of the neck to the level of the armpits.

Do NOT angle towards armpit.

Back Chest Width

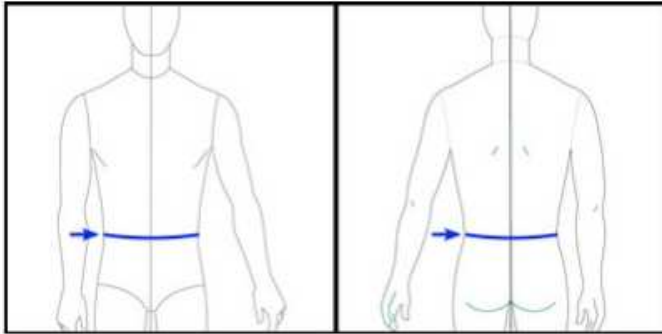


Measuring the Width of the Back at Chest Level

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

Remember: Measure over the thickest layer of clothing you want to put on under your suit. Include any belts or braces, if planning to wear under suit.

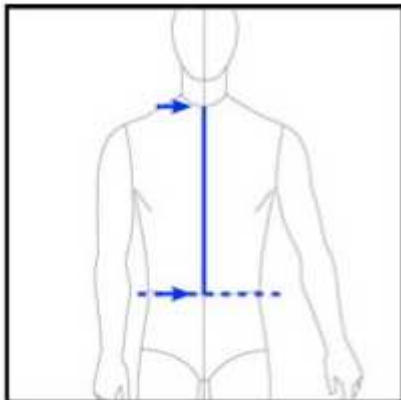
Waist (I)



Measuring Circumference of Torso at Waist Level

Measure around the torso at the level of the waist. This is the narrowest area of your abdomen, generally around the level of the belly button or slightly above it. When measuring, make sure not to suck in your stomach/abdomen, relax and let it hang out.

Front of Neck to Waist (X1)



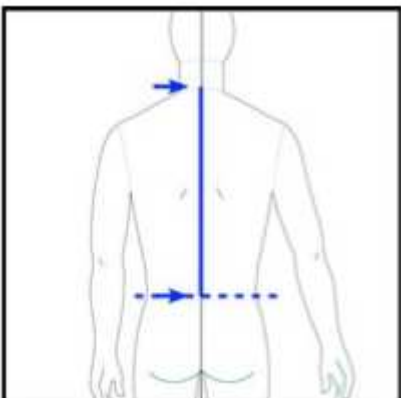
Measuring Length of Torso to Waist, from Front of Neck

Square the shoulders over the hips.

Measure vertically from the notch at the base of the neck where the collarbones meet, straight down the center line to the waist level.

NOTE: The waist level for this measurement is the same level where the Waist (I) measurement was taken.

Back of Neck to Waist



Measuring Length of Torso to Waist, from Back of Neck

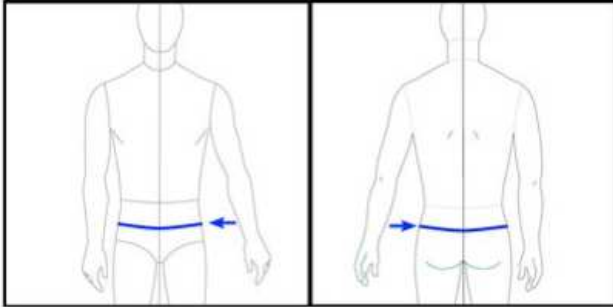
Square shoulders over hips.

Measure vertically, along the spine, from the base of the back of the neck to the level of the waist.

NOTE: The waist level for this measurement is the same level where the Waist (I) measurement was taken.

Remember: Measure over the thickest layer of clothing you want to put on under your suit. Include any belts or braces, if planning to wear under suit.

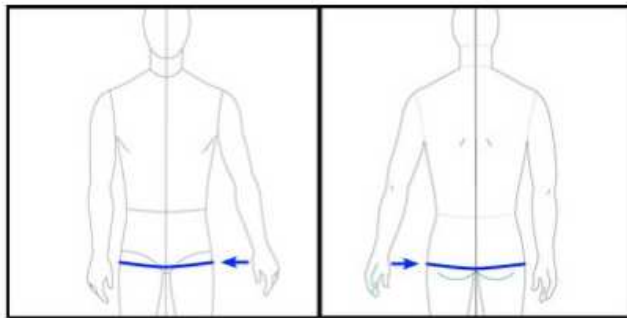
Upper Hip



Measuring the Upper Hip Circumference

Standing with feet hips-width distance apart, find the tops of the hip bones (iliac crests). Measure around the torso at this level. Keep the tape level and parallel to the ground.

Lower Hip-Buttocks (J)

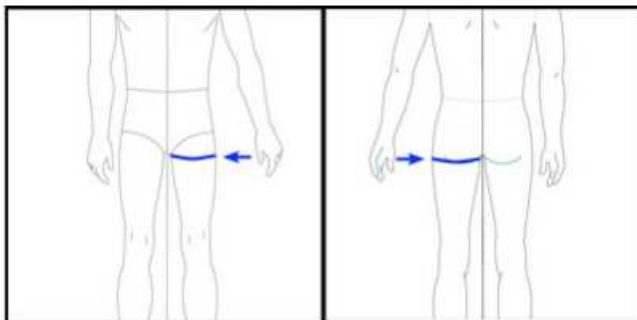


Measuring Circumference of Lower Hip and Buttocks

Remove things from pockets that you don't jump with. Standing with feet hips-width distance apart, find the widest point of the hips and buttocks, often easiest to view from the side of the body. Make sure to include both hips and butt.

Measure around the body at this point, making sure to keep the tape level and parallel with the ground.

Thigh (K)

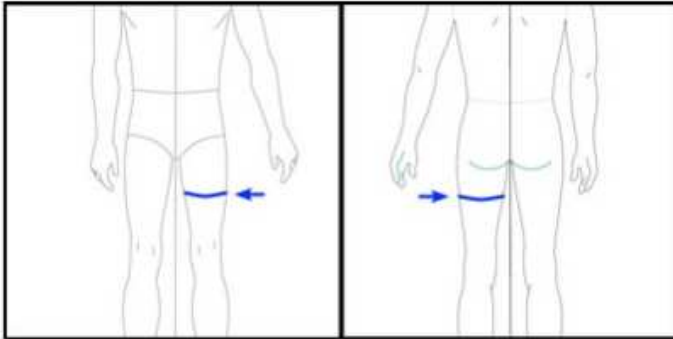


Measuring Circumference of Top of Thigh

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

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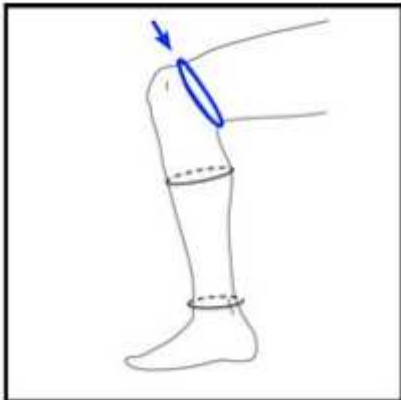
Mid-Thigh (K2)



Measuring Circumference of the Mid-Thigh

Keeping the measuring tape parallel to the ground, measure around the thigh halfway between the upper thigh and the top of the knee.

Above Knee, 90-Deg Bend (L)

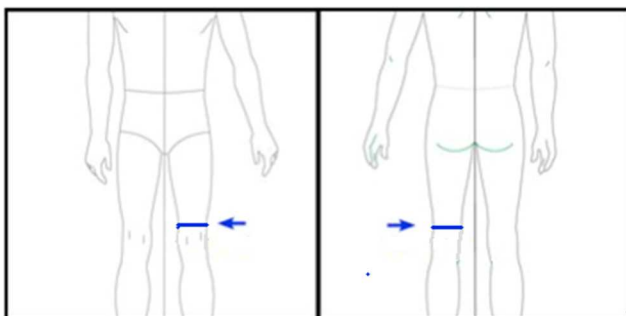


Measuring Circumference Just Above Upper Knee, Leg 90 Bend

Raise the knee up to a 90° angle.
Measure around the leg at the point just above the knee at the base of the thigh.

Note: measure the same place as for the above knee, straight (K3) measurement.

Above Knee, Straight (K3)

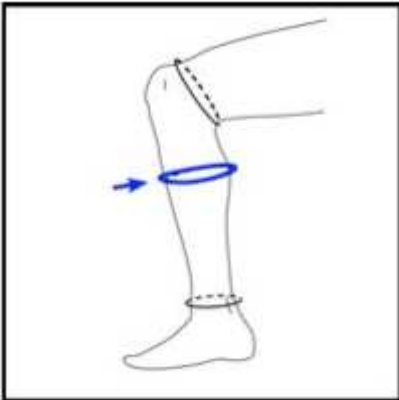


Measuring Circumference Just Above Upper Knee, Leg Straight

Standing, with no bend in the knees, hold measuring tape parallel to the ground and measure around the leg at the point just above the knee, above the top margin of the kneecap, at the base of the thigh.

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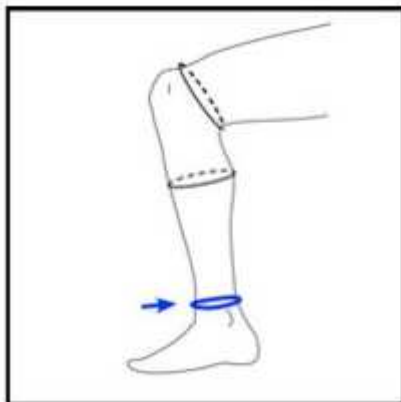
Mid Knee, Straight (L2)



Measuring Circumference of Knee, Leg Straight

Standing with no bend in the knees, hold measuring tape parallel to the ground, and measure around the knee. Measuring tape should be centered on the kneecap.

Calf (O)

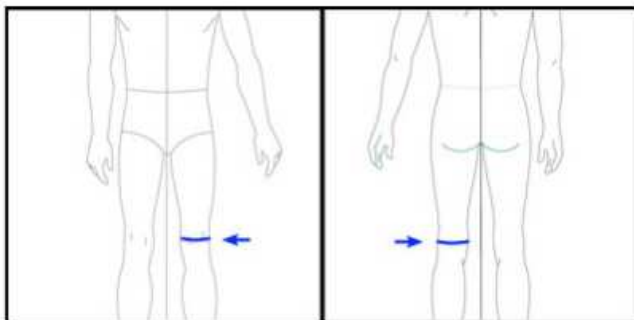


Measuring Circumference of Calf, Flexed

Flex the calf muscle and measure around lower leg at largest point. Make sure to keep measuring tape parallel to the ground.

Measuring tip: lifting the heel will engage the calf muscle.

Above Ankle (P1)

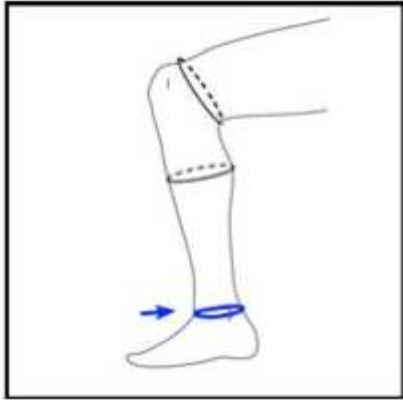


Measure Circumference of Upper Ankle

Keeping measuring tape parallel to the ground, measure around the leg, just above the ankle bones.

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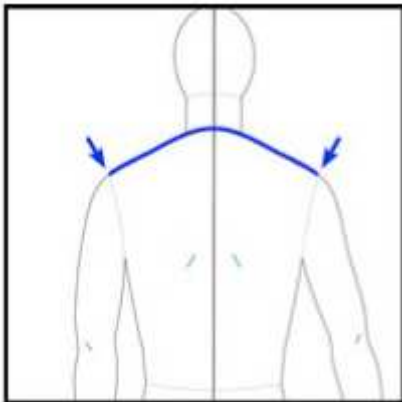
At Ankle, Over Ankle Bone (P2)



Measure Circumference of Ankle, Including Ankle Bones

Keeping measuring tape parallel to ground, measure around the ankle, going over the ankle bones.

Shoulders (D)

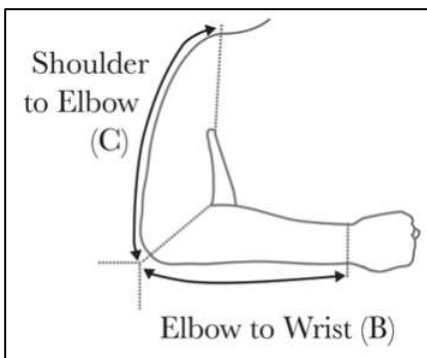


Measuring the Shoulder Width

Shoulder width is measured starting at the tip of one shoulder bone (acromion), along the natural curve of the body, over the bone at the base of the neck (seventh cervical vertebrae), then finishing at the tip of the other shoulder bone.

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 forearm.

Shoulder to Elbow (C)



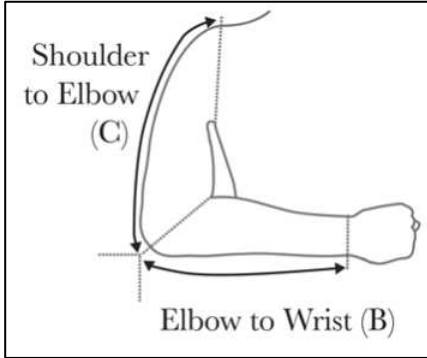
Measuring the Length of the Upper Arm from Shoulder to Elbow (C)

Mark the end point of the shoulder (D) measurement with your finger. Reset the measuring tape. With the arm bent at a 90° angle, measure from the shoulder point to the center of the elbow.

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 forearm.

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Elbow to Wrist (B)

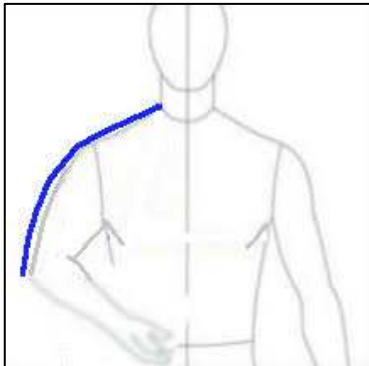


Measuring the Length of the Lower Arm from Elbow to Wrist

Mark the end point on the (C) measurement with your finger. Reset the measuring tape and, keeping arm at a 90° angle, measure down to the wrist where the wrist bends, just past the wrist bone (not onto hand).

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 forearm.

Arm Length – Neck to 90-Deg Elbow (A1)

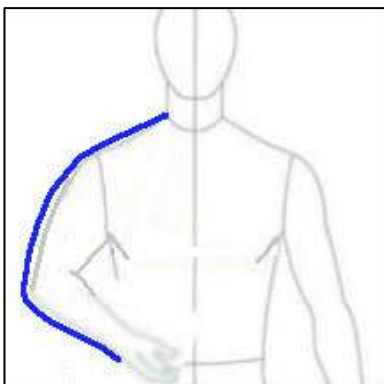


Measuring the Length of the Upper Arm, Neck to Elbow at 90° Angle

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

Measure along the arm, starting at the side of the base of the neck and ending at the center of the elbow. Arm is at a 90° angle.

Arm Length – Neck to Wrist (A2)



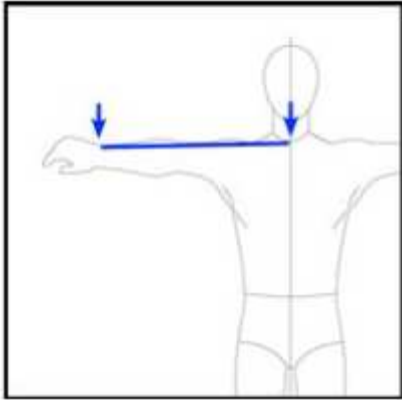
Measuring the Length of the Entire Arm, Neck to Wrist

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

Measure along the outside edge of the arm, starting at the side base of the neck, going over the 90° elbow, and ending at the bend at the wrist.

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Arm Length, From Clavicle (A3)

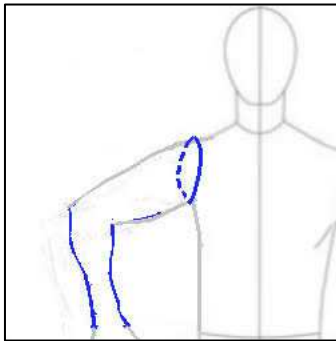


Measuring Length of Entire Front of Arm, Center of Collarbones to Wrist

Hold the arms up, parallel to the ground, in line with the shoulders. Measure from the center of the notch at the base of the neck to the bend at the wrist.

Measure both arms and use the longer measurement.

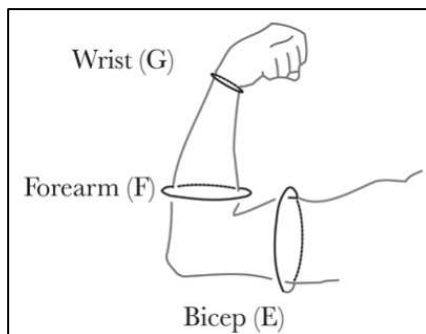
Around Shoulder Joint



Measuring Around the Shoulder Joint

Holding arm out at an approximate 45° angle, measure from the shoulder tip, around through the center of the armpit, and back to the top of the shoulder. This should be a comfortable measurement, do not pull measuring tape tight.

Biceps (E)

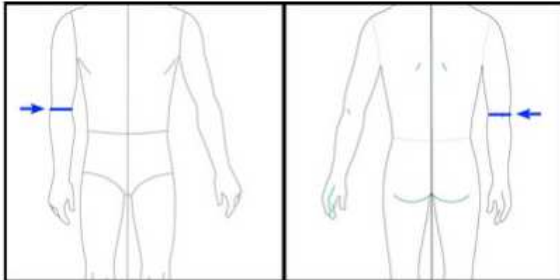


Measuring the FLEXED Biceps Circumference

Flex biceps muscles and measure around the largest part of the upper arm. Measure both arms and use the larger measurement.

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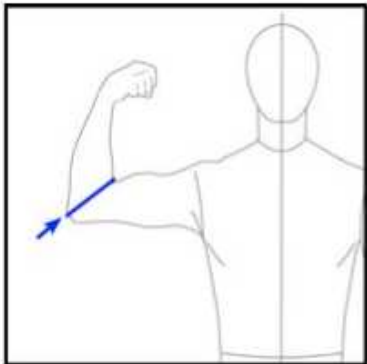
Elbow, Straight



Measure the Elbow Circumference, Straight Arm

With arm hanging naturally at side, as straight as possible, measure around the arm at the center of the elbow.

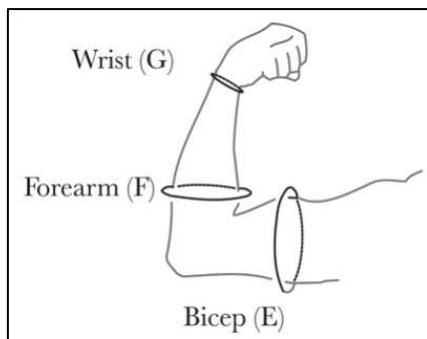
Elbow, 90-Degrees



Measure the Elbow Circumference, 90° Angle Arm

Bend elbow 90° and measure around the arm at the center of the elbow, inside the elbow crease.

Forearm Circumference (F)



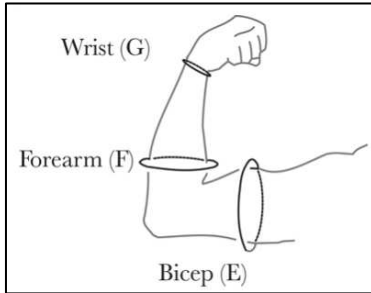
Measure the FLEXED Forearm Circumference

Flex forearm and measure around the widest part of the forearm.

This is generally located close to the elbow.

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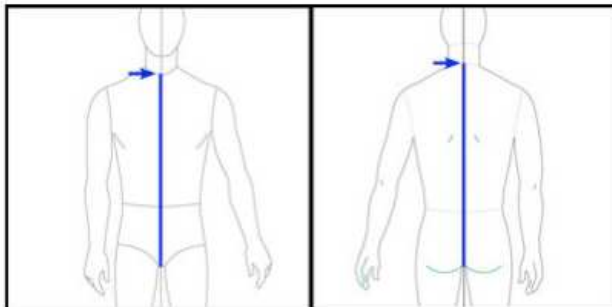
Wrist (G)



Measure the Wrist Circumference

Make a fist and measure around the bend in the wrist, including wrist bone.

Torso Length (Z)

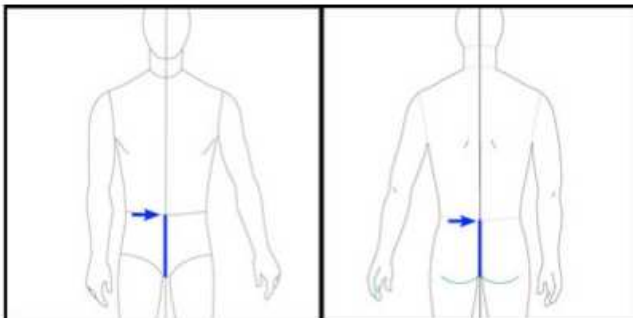


Measure Torso Length, Front and Back, Through Crotch

Stand up straight, look forward, shoulders square over hips

Hold tape measure at bottom of notch at base of neck front, run tape against center line of torso, over stomach and between the legs, going over top of genitals, and then back up to the base of the neck at back (where your collar lies).

Crotch Length, From Waist



Measuring Length of Crotch from Waist

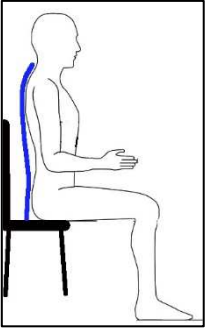
Stand up straight, look forward.

Hold tape measure at your natural waist. This is the narrowest area of your abdomen, generally around the level of the belly button or slightly above it. Do not suck in stomach for this measurement.

Run tape down center line of torso, between the legs, going over the top of genitals, and then back up to the level of the natural waist at the back.

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Back of Neck to Seat, Center Back

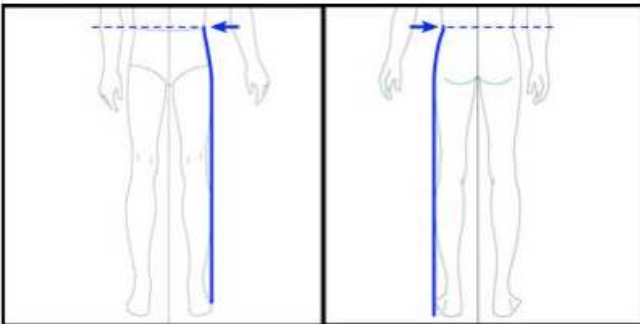


Measure the Length of Torso to Seat from Back of Neck

Begin sitting up straight on a hard, flat surface, with shoulders squared over hips.

Measure vertically from the base of the back of the neck, down along the spine, ending at the level of the flat surface. Press tape against lower back.

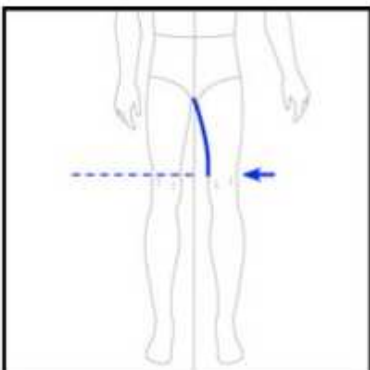
Waist to Floor, Outseam



Measure Length of Lower Body, from Waist to Floor

Wear your jumping shoes. Standing up straight, feet hips width apart, measure vertically from the side of the natural waist, along the body, to the floor.

Crotch to Knee (M)



Measure Length from Crotch to Start of Knee

Stand up straight, feet hips width apart and shoulders squared over hips.

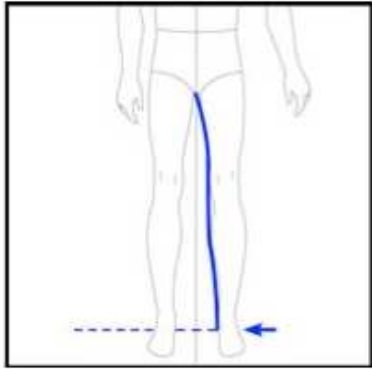
Hold end of tape against center of crotch (perineum), where all seams meet. Hold tape so that it is touching but not pressing up into the body.

Measure along the leg to the level of the top of the knee, where the knee cap (patella) begins.

NOTE: this measurement runs along the side of the leg, not straight down.

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Crotch to Floor (N)



Measure Length of Inseam, from Crotch to Floor

Wearing your jumping shoes, stand up straight, feet hips width apart, shoulders squared over hips.

Hold end of tape against center of crotch (perineum), where all seams meet. Hold tape so that it is touching but not pressing up into the body.

Measure along the side of the leg to the floor, with shoes on.

NOTE: this measurement runs along the side of the leg, not straight down.