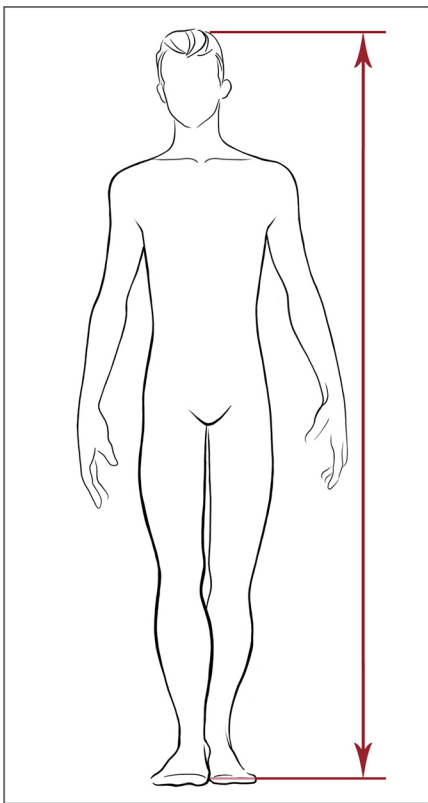


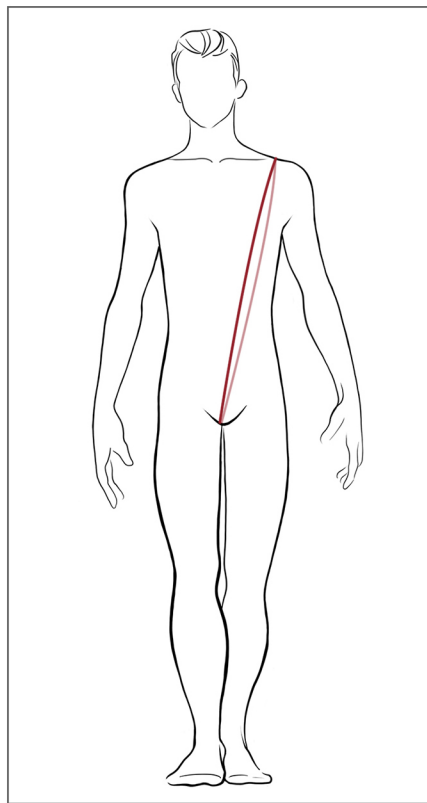
Art-workshop Nelli

Our suits are designed for attraction +7(961)206-47-82

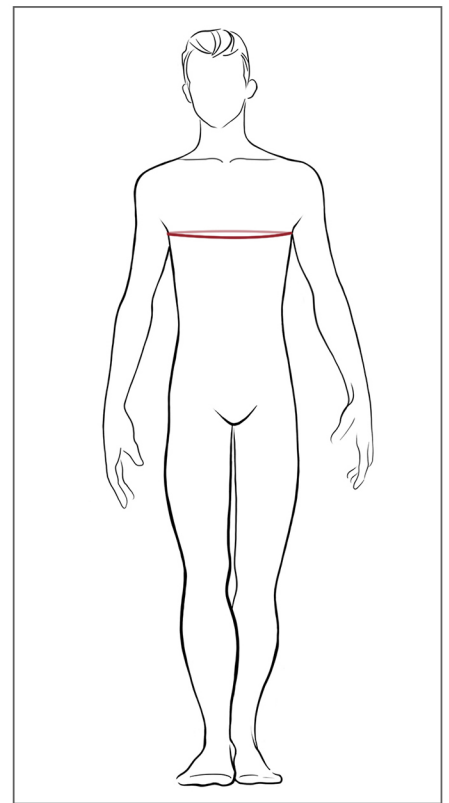
Measurement is one of the most important steps in the sewing process. This is especially true for tight-fitting garments such as unitard/leotards. Therefore, before taking the measurements, it is necessary to remove any excess clothing from the person being measured. Then it is necessary to girdle the waist with an elastic band, that is, an elastic band. It should be at the level of the navel and should not move anywhere during the whole measurement.



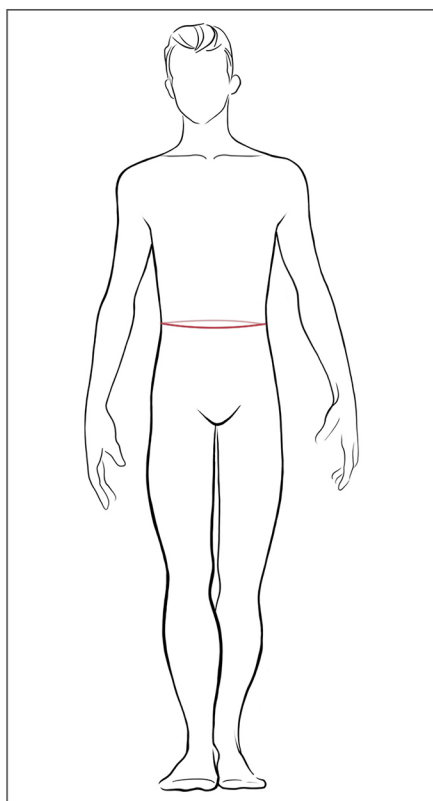
1. **H** – height. It is taken in the gymnast's position on the full foot from the top of the head to the floor. This measurement is not used in construction, but is used as a reference.



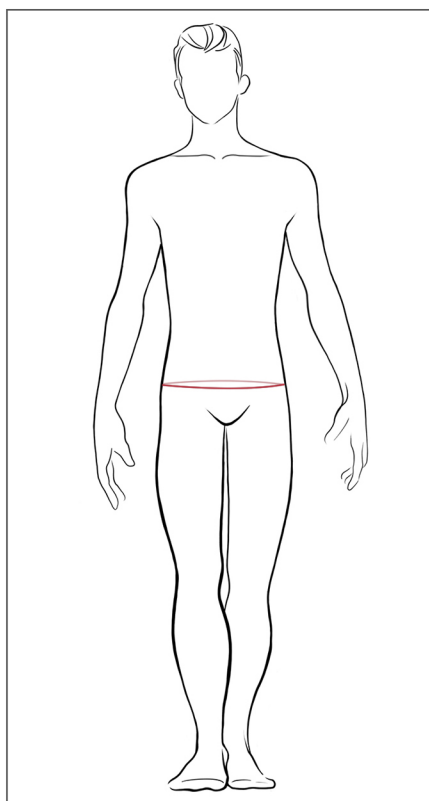
2. **BG** – body girth. Vertical circular circumference of the body. The centimetre tape is led from the midpoint of the shoulder along the body, passed under the groin area, lifted along the back back back to the midpoint of the shoulder.



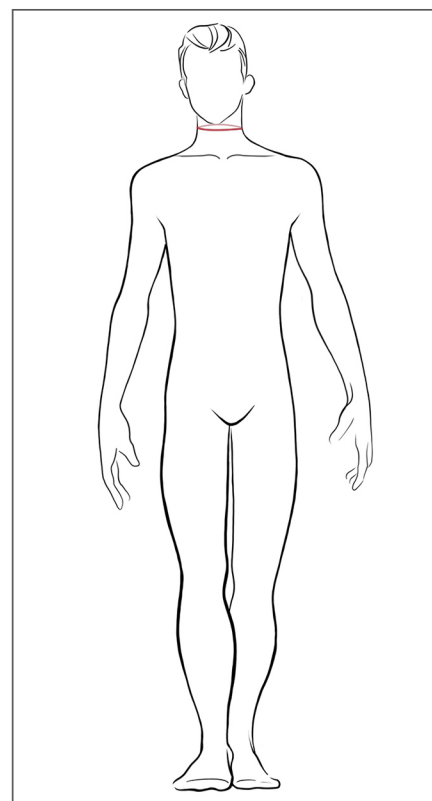
3. **CG** – chest girth. The measurement is taken at the level of the armpits, horizontally, without freedom of fit. The gymnast should preferably be wearing the underwear that he normally wears under the leotard/unitard.



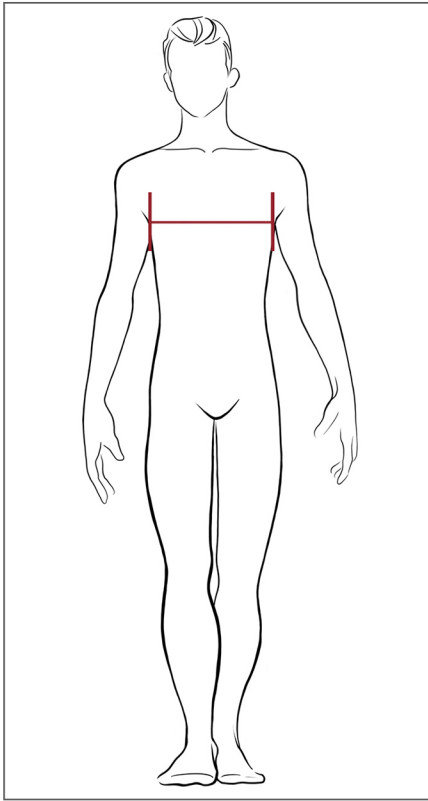
4. **WG** – waist girth. The measurement is taken around the waist, without freedom of movement. For gymnasts up to 130 cm tall, it is important that the boy stands with his stomach tucked in, as if on parade, and not relaxed with his stomach hanging out.



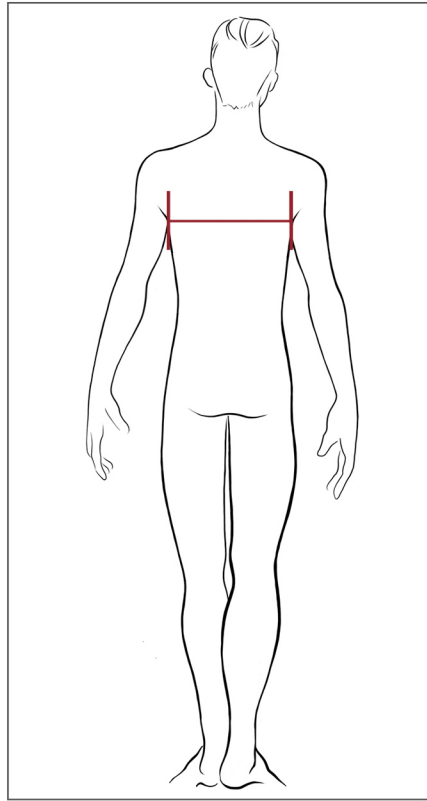
5. **HGs** – hips girth. Is taken horizontally around the thighs at the height of the buttocks, without freedom of movement.



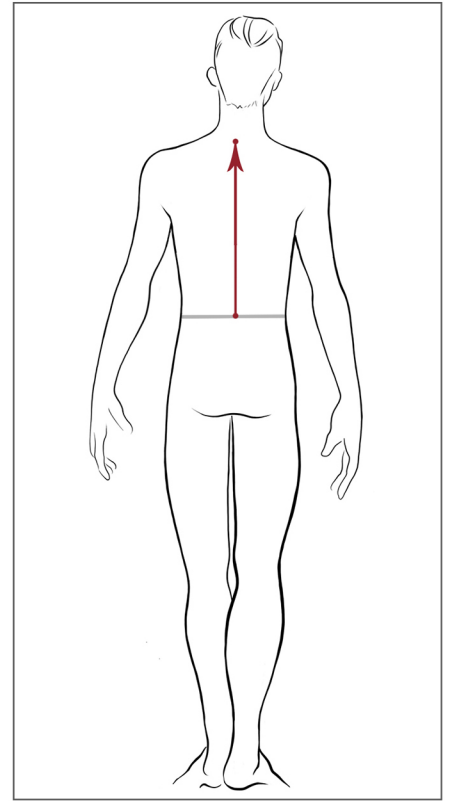
6. **NG** – neck grith. Measure around the neck at the narrowest part of the neck, do not allow for any slack.



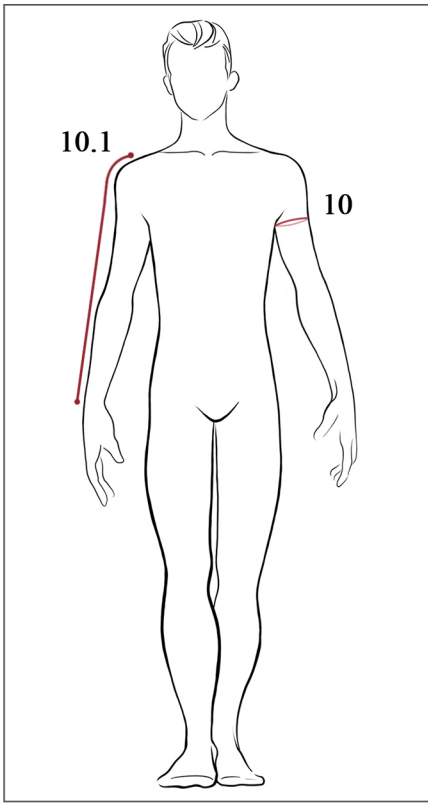
7. **ChW** – chest width. The measurement is taken in a horizontal position between the armpits.



8. **BW** – back width. It is taken horizontally from corner to corner of the armpits.

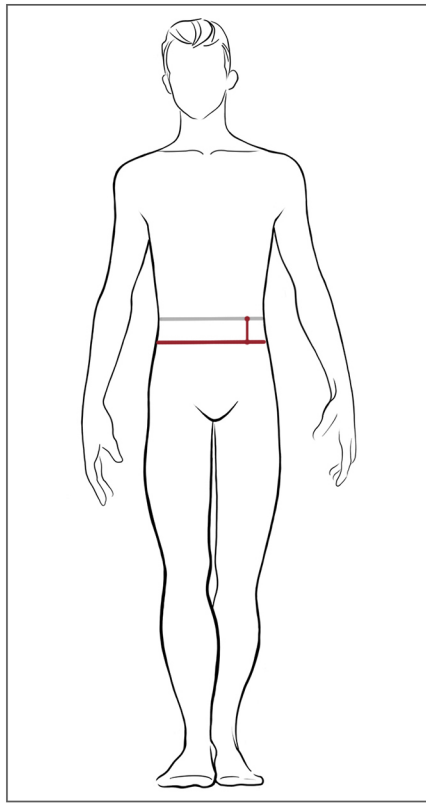


9. **BLW** – back length to waist. The measurement must be taken with the tape around the waist! Along the spine, measure the distance from the seventh cervical vertebra to the tape around the waist.

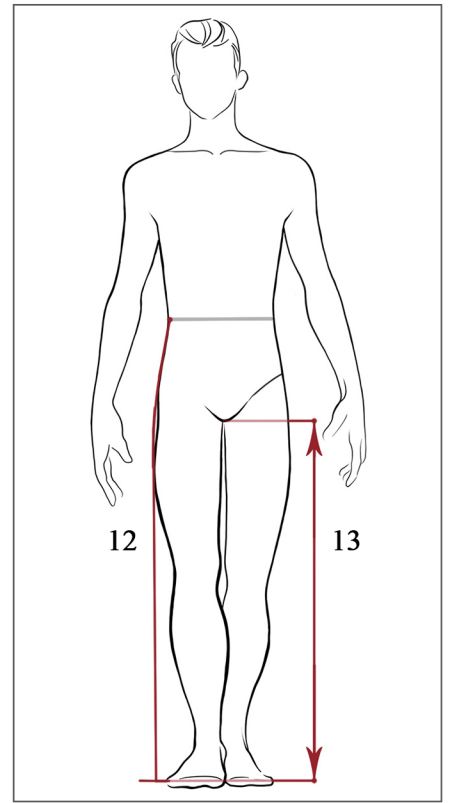


10. **SG** – shoulder (biceps) grith. Measured around the arm at biceps level.

10.1. **SL** – sleeve length.
It is measured from the protruding bone on the shoulder (acromion, located vertically above the armpit) along the outside of the arm to the wrist. Do not bend the arm at the elbow when measuring.

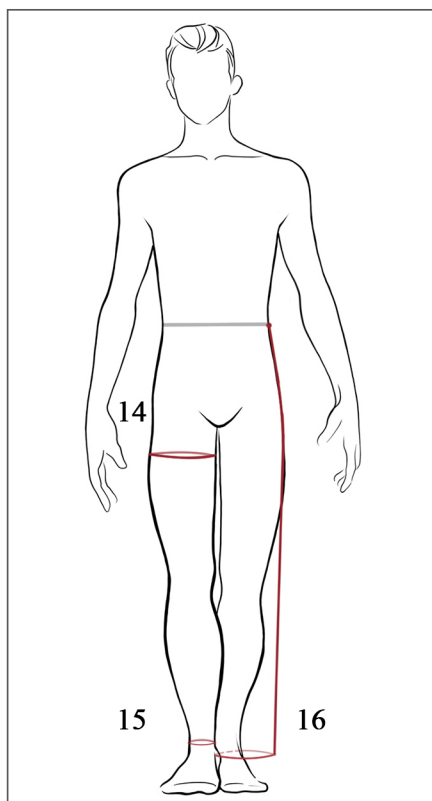


11. **WHH** – waist-to-hip height.



12. **WFL** – waist-to-floor length. Measured vertically from the waist band to the floor along the side seam line.

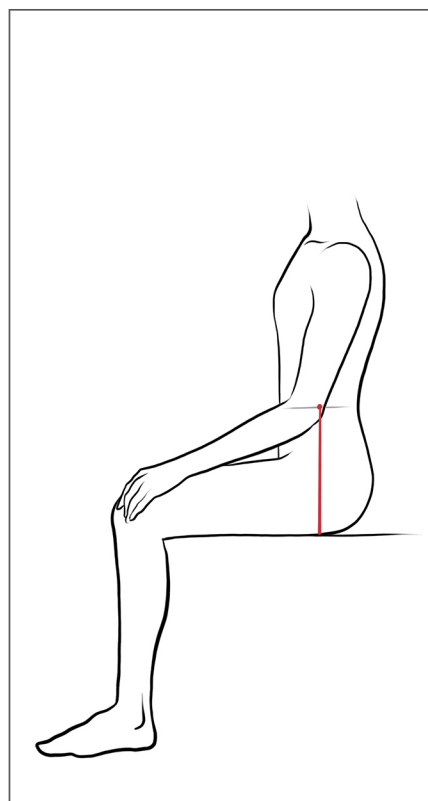
13. **LGF** – length from groin to floor.



14. **HG** – hip girth.

15. **AG** – ankle girth.
Measured around the leg
at the narrowest point of
the ankle.

16. **TG** – trouser girth.
Trouser width required/
Personal preference.



17. **SH** – seat height. To
measure, the gymnast
must sit on a chair,
preferably with a hard seat.
It is taken vertically from
the tape at the waist to the
seat of the chair along the
side seam line.

Measurement table form

№	Measurement name / Full name		
1	H	height	
2	BG	body girth	
3	CG	chest girth (above the chest)	
4	WG	waist girth	
5	HGs	hips girth	
6	NG	neck grith	
7	ChW	chest width	
8	BW	back width	
9	BLW	back length to waist	
10	SG	shoulder (biceps) grith	
10.1	SL	sleeve length	
11	WHH	waist-to-hip height	
12	WFL	waist-to-floor length	
13	LGF	length from groin to floor	
14	HG	hip girth	
15	AG	ankle girth	
16	TG	trouser girth	
17	SH	seat height	