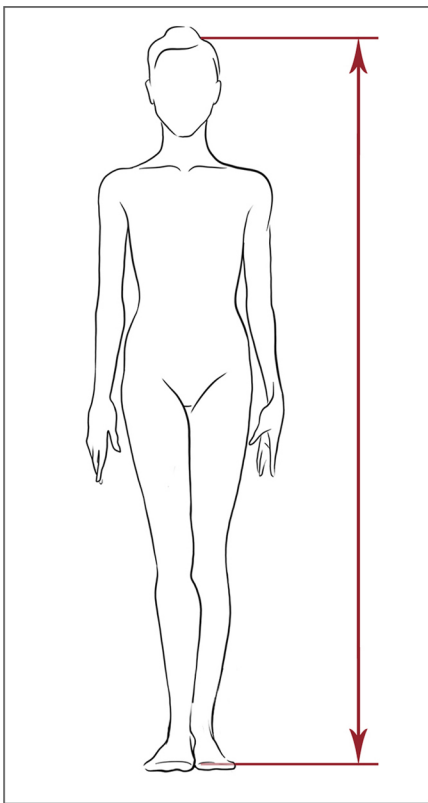


Art-workshop Nelli

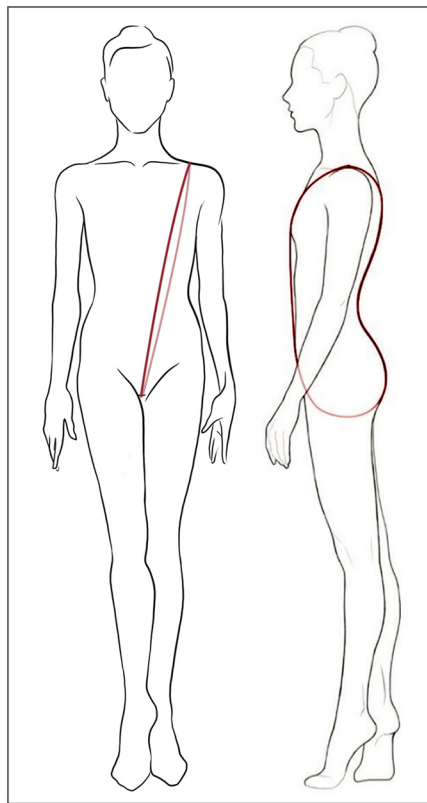
Our suits are designed for attraction +7(961)206-47-82

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.

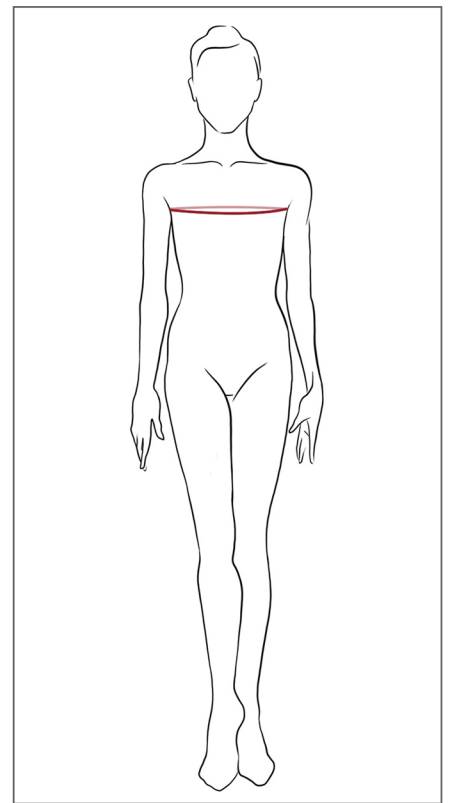
Measures for the tailoring of leotards/dresses



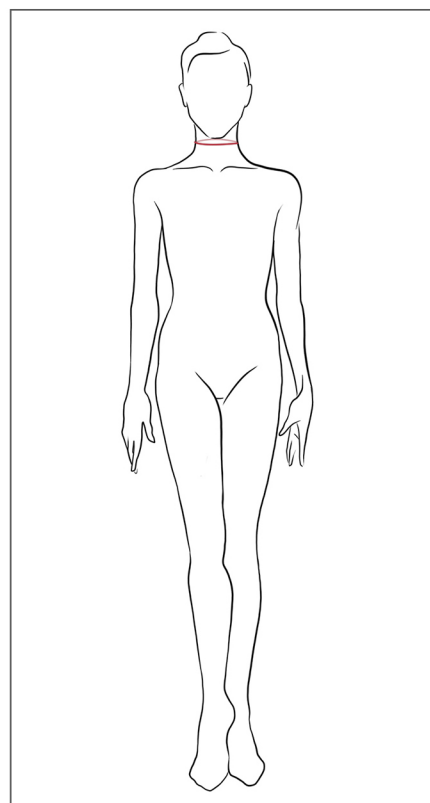
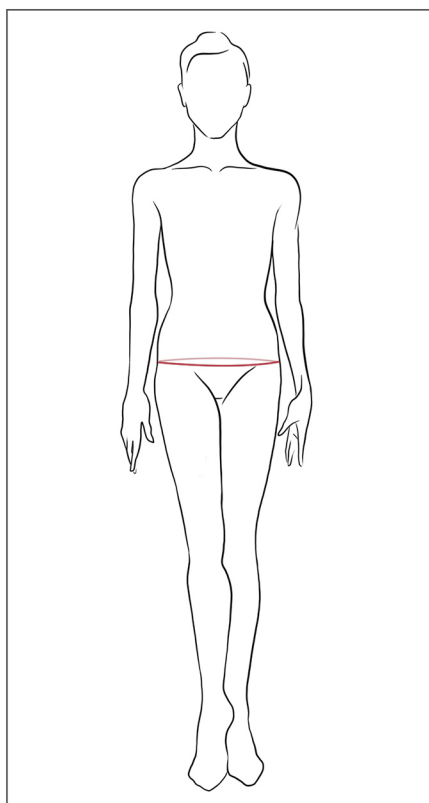
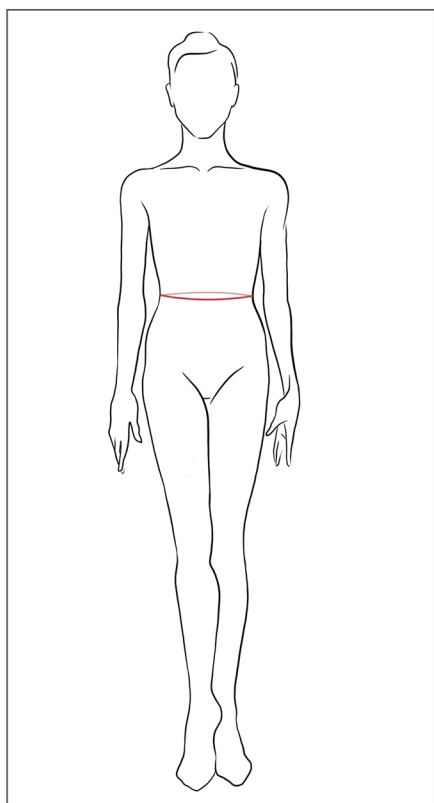
1. **H** – height. It is taken in the gymnast's position on the full foot from the top of the head to the floor. This measurement is not used in construction, but is used as a reference.



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.



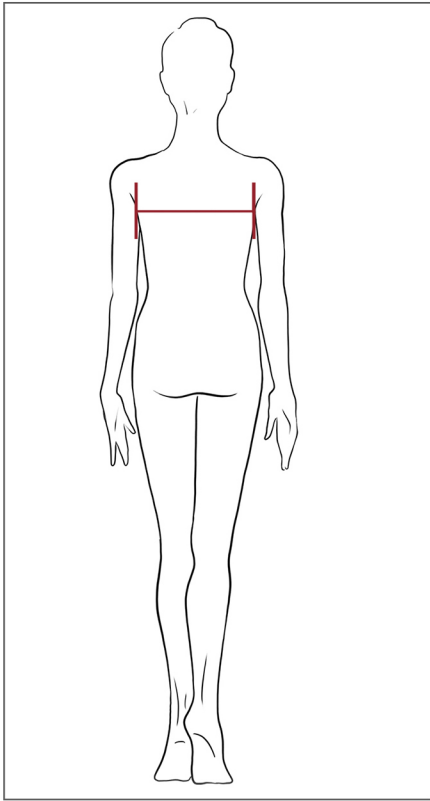
3. **CG** – chest girth. The measurement is taken at the level of the armpits, horizontally, without freedom of fit. The gymnast should preferably be wearing the underwear that he normally wears under the leotard/unitard.



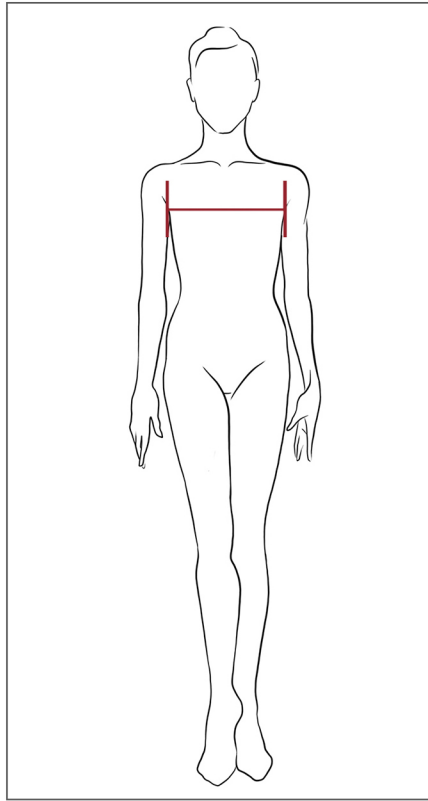
4. **WG** – waist girth. The measurement is taken around the waist, without freedom of movement. For gymnasts up to 130 cm tall, it is important that the boy stands with his stomach tucked in, as if on parade, and not relaxed with his stomach hanging out.

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

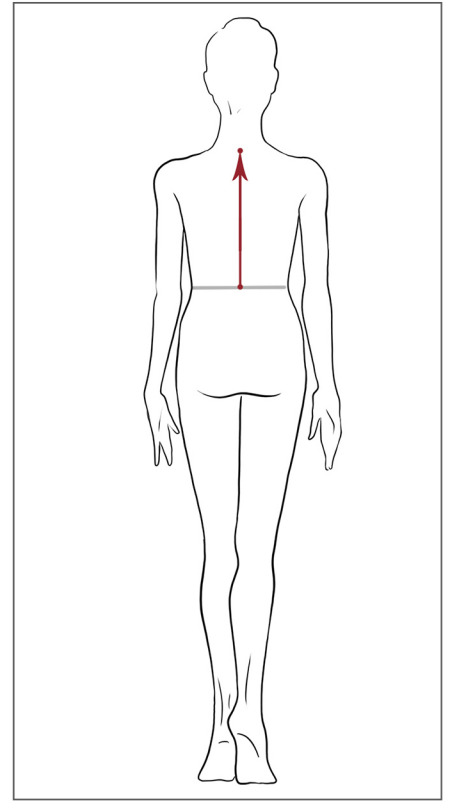
6. **NG** – neck girth. Measure around the neck at the narrowest part of the neck, do not allow for any slack.



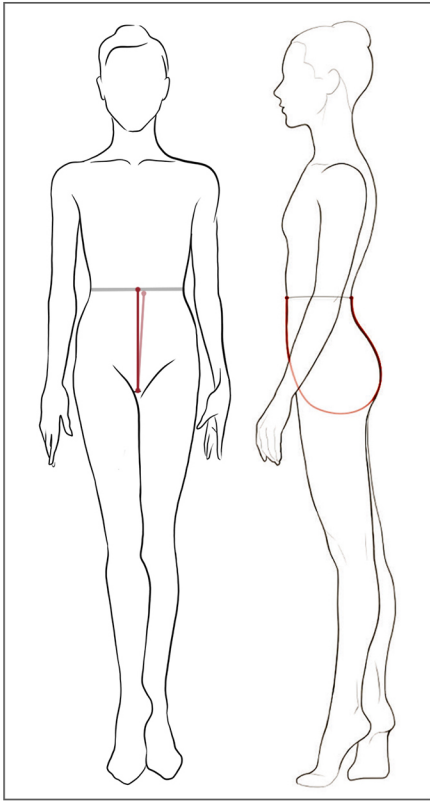
7. **BW** – back width. It is taken horizontally from corner to corner of the armpits.



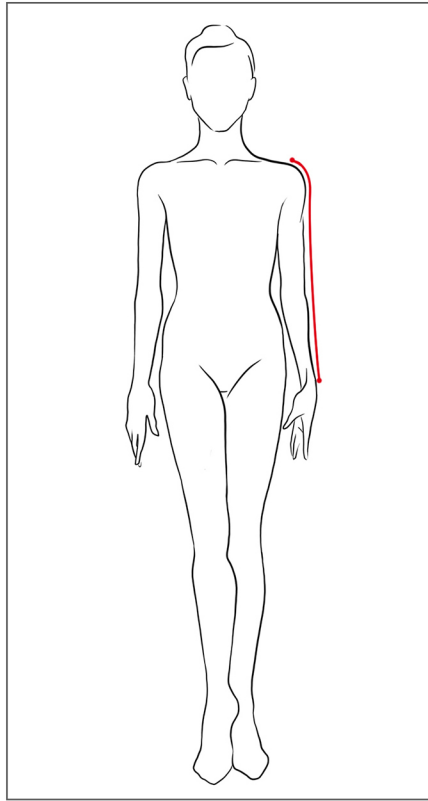
8. **ChW** – chest width. The measurement is taken in a horizontal position between the armpits.



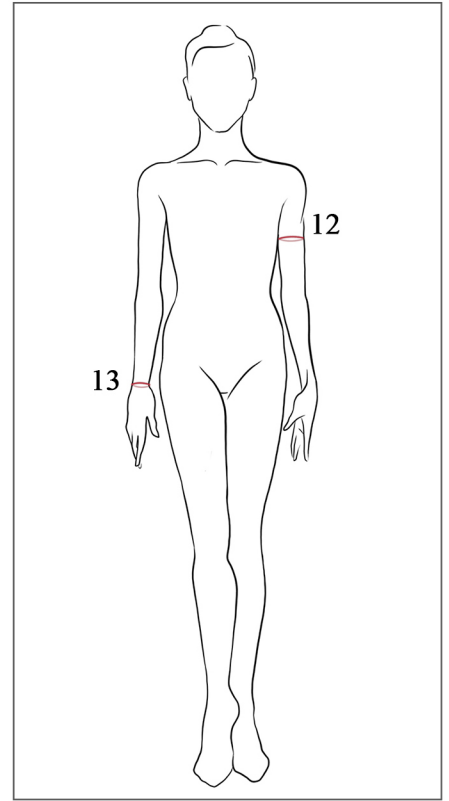
9. **BLW** – back length to waist. The measurement must be taken with the tape around the waist! Along the spine, measure the distance from the seventh cervical vertebra to the tape around the waist.



10. **DSH** – double seat height. The measurement must be taken with the tape tied around the waist! Run the tape from the middle of the waist from the front under the groin area to the middle of the waist at the back.

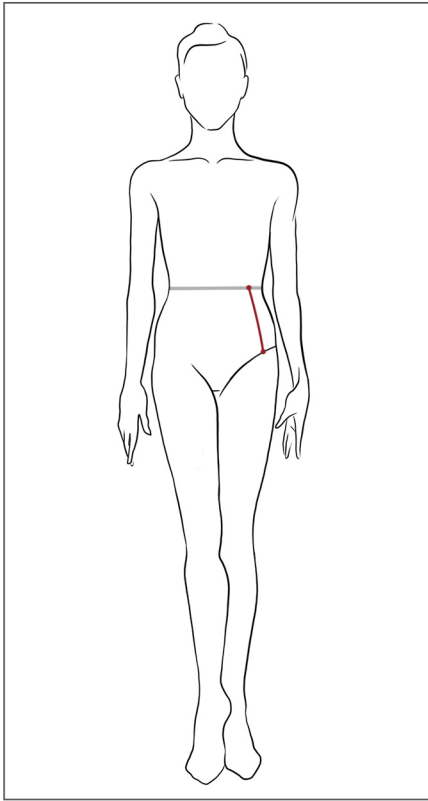


11. **SL** – sleeve length. It is measured from the protruding bone on the shoulder (acromion, located vertically above the armpit) along the outside of the arm to the wrist. Do not bend the arm at the elbow when measuring.

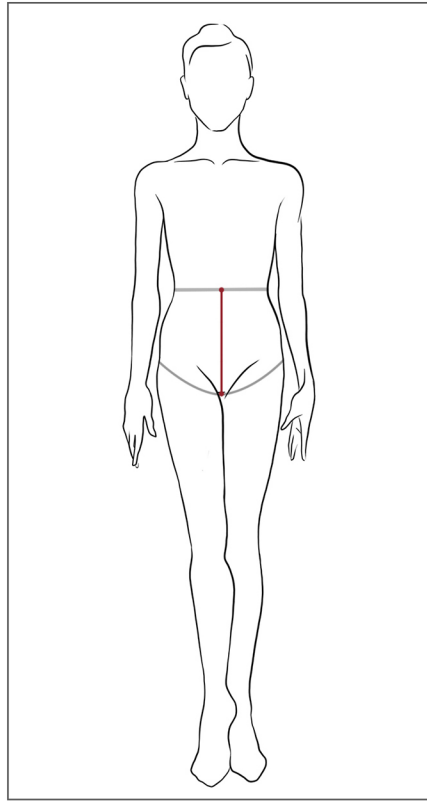


12. **SG** – shoulder (biceps) girth. Measured around the arm at biceps level.

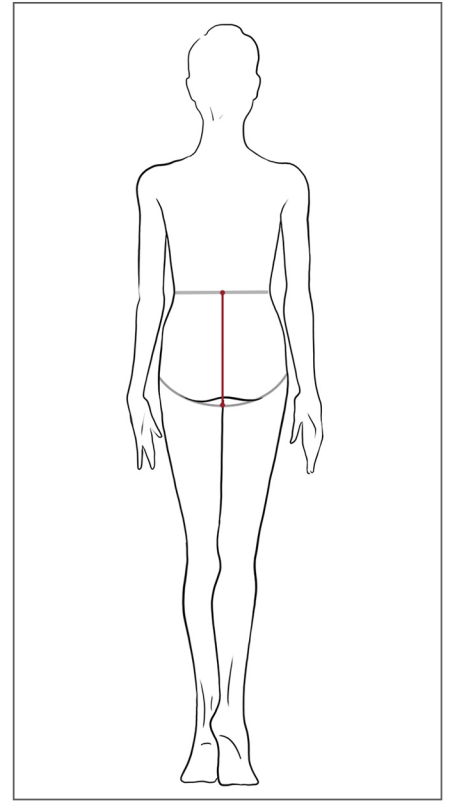
13. **WC** – wrist circumference. Measured around the hand at the narrowest point of the wrist.



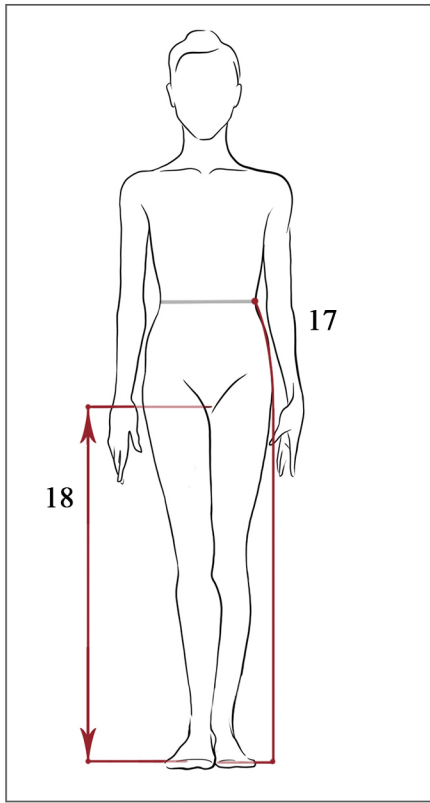
14. **FH** – front hemline. The measurement is taken vertically from the waist band to the top point of the groin fold. This point is offset to the side of the front from the side seam line by 3-5 cm.



15. **FLS** – front length of the skirt. It is measured from the waist band in the middle of the front to the visually aesthetic bottom of the skirt 1 cm below the groin. This measure is usually 1cm greater than “SH – seat height”.

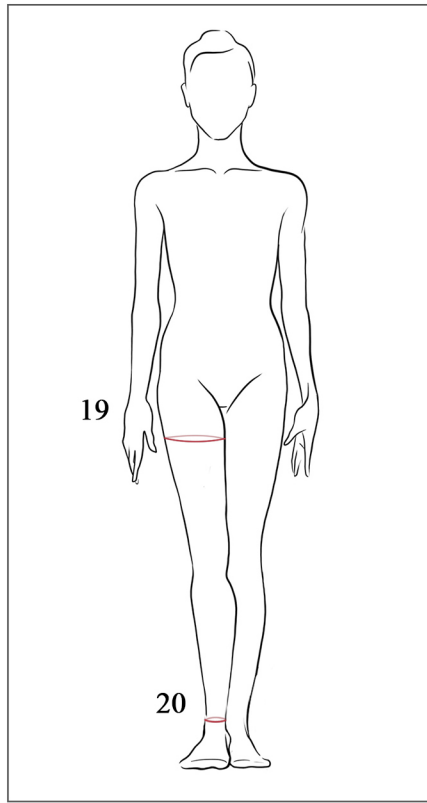


16. **BSL** – back skirt length. It is measured from the waist band in the middle of the back to the level of the buttock folds.



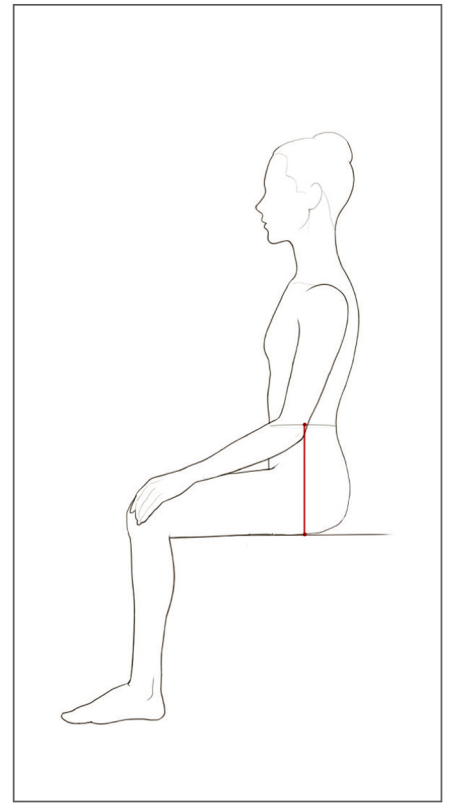
17. **WFL** – waist-to-floor length. Measured vertically from the waist band to the floor along the side seam line.

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



19. **HG** – hip girth.

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



21. **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	DSH	double seat height	
11	SL	sleeve length	
12	SG	shoulder (biceps) grith	
13	WC	wrist circumference	
14	FH	front hemline	
15	FLS	front length of the skirt	
16	BSL	back skirt length	
17	WFL	waist-to-floor length	
18	LGF	length from groin to floor	
19	HG	hip girth	
20	AG	ankle girth	
21	SH	seat height	