

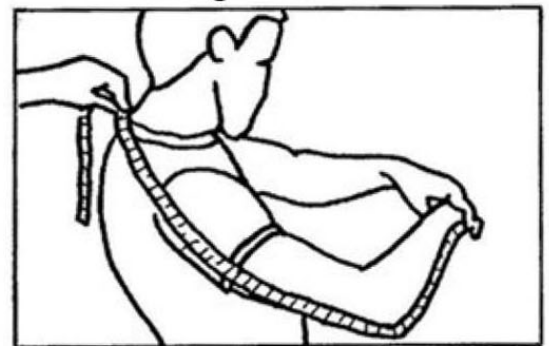
# Build Your Custom ZR-60/ZR-40 Suit

## SUIT MEASUREMENTS

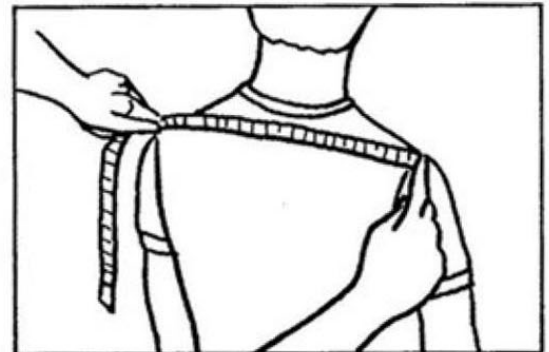
Your care in reading these instructions carefully will ultimately determine the fit of your suit.

- Please take all the measurements requested on this form carefully and precisely.
- Ensure to take the measurement in Inches.
- Stand erect, ask someone to help measure you with a fabric measuring tape.
- The measurements should be taken wearing standard fitting clothing.
- Do not allow for any tolerances and ensure pockets are empty with shirt tucked in. Make sure the belt of your pants is sitting where you want your belt on the suit to go.

Diagram# 01

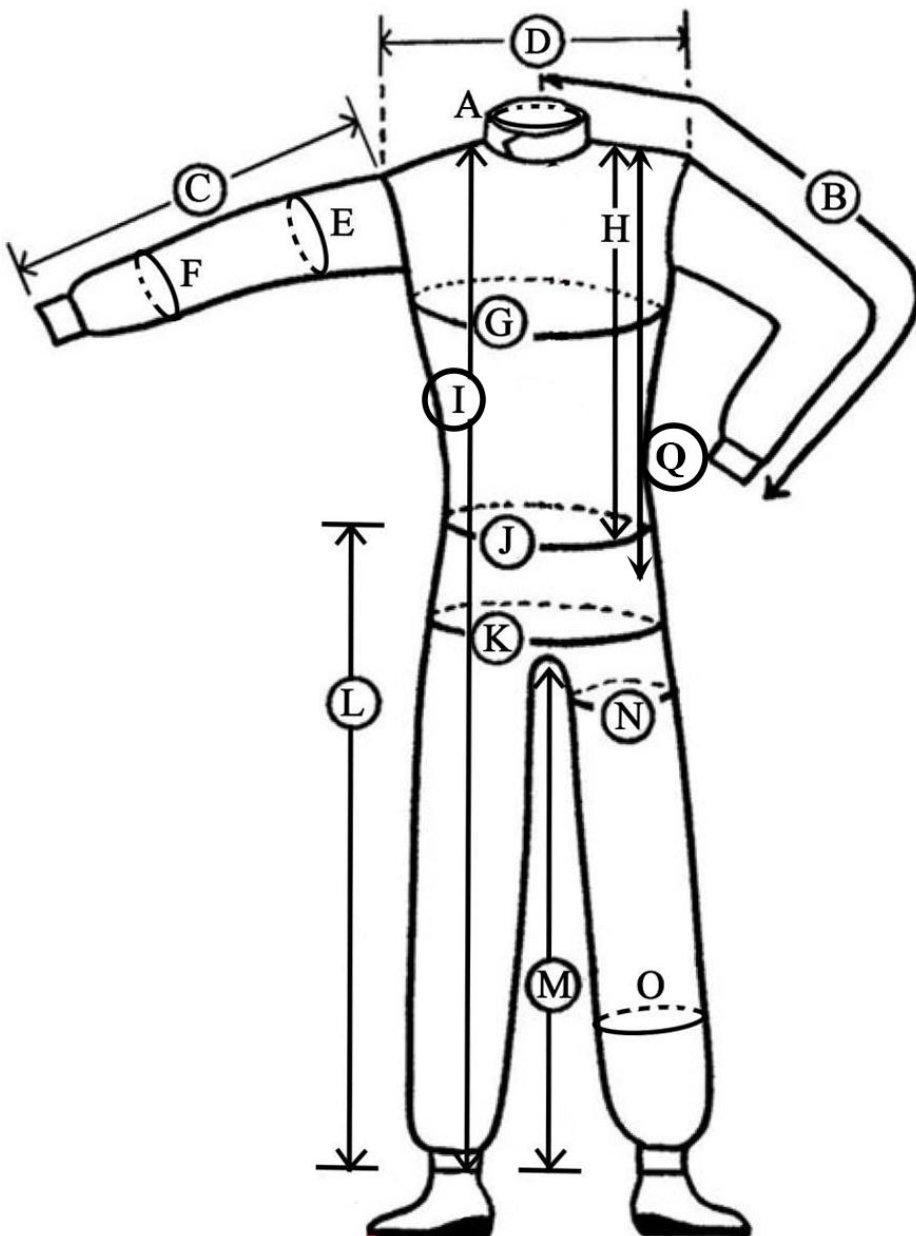


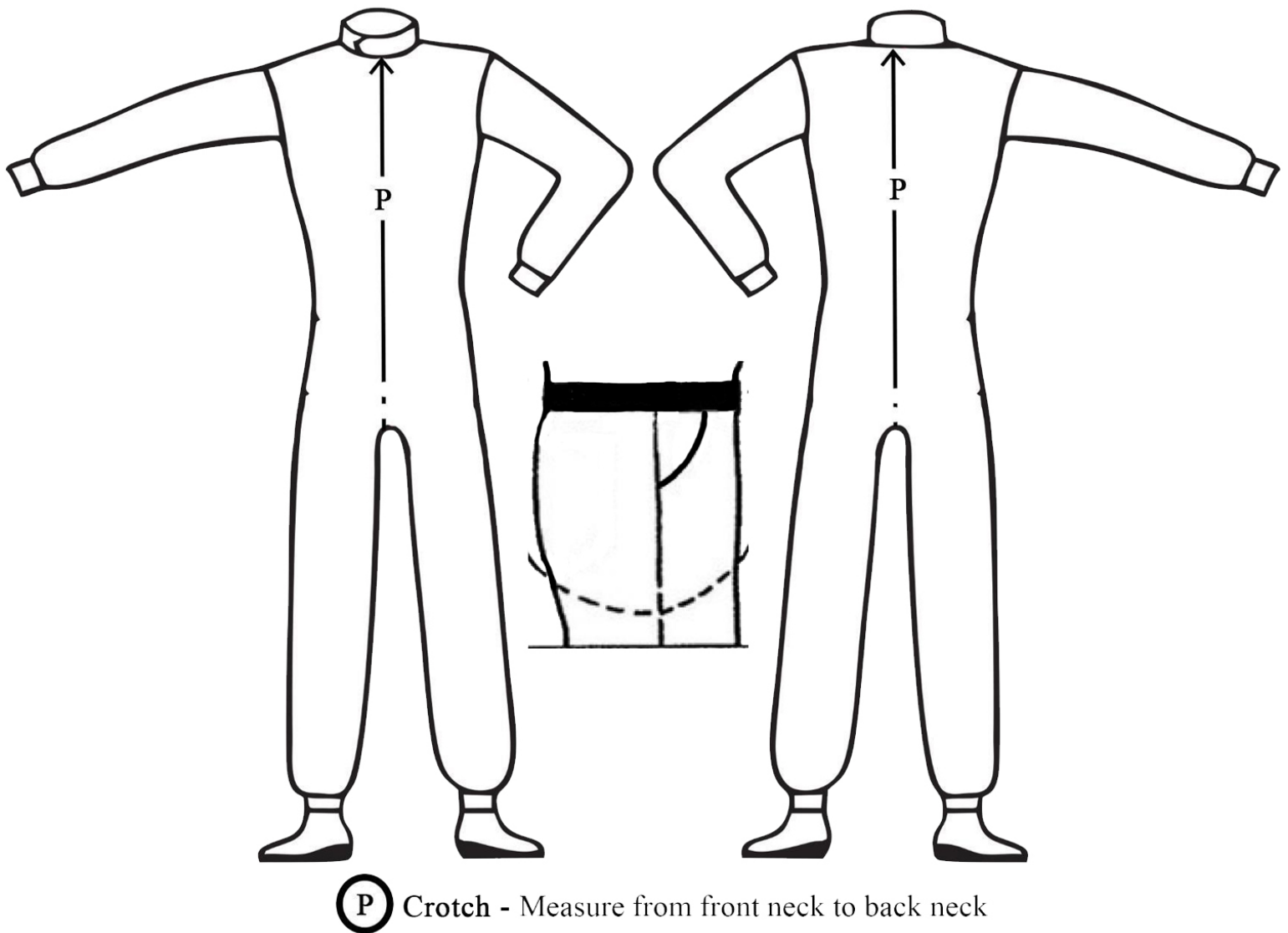
- ⓑ Sleeve - Measure from prominent bone at base of neck behind bent elbow to wrist, with arms forward.



- ⓓ Shoulder - Measure across back shoulder bone to shoulder bone.

Diagram# 02





### Measurements:

- A. **Neck Circumference.** \_\_\_\_\_
- B. **Sleeves:** From Centre back to wrist bone. (See Diagram# 01) \_\_\_\_\_
- C. **Sleeves Straight Arm:** Shoulder tip to wrist. \_\_\_\_\_
- D. **Shoulder Width:** This measurement is the width across shoulders, Shoulder tip to shoulder tip. (Not shirt seam). (See Diagram# 02) \_\_\_\_\_
- E. **Bicep circumference:** Measure at the widest point around bicep, with muscle taut. \_\_\_\_\_
- F. **Forearm circumference:** Measure at largest point around forearm, with muscle taut. \_\_\_\_\_
- G. **Chest:** Taken directly under arms with arms down around largest part of chest or breasts. \_\_\_\_\_
- H. **Position of belt:** Measuring from center of the shoulder to waist line. \_\_\_\_\_
- I. **Body length:** Measuring from center of the shoulder to ankle. \_\_\_\_\_
- J. **Waist Circumference:** Taken around waist which is above belt line and around the largest part of your tummy. \_\_\_\_\_
- K. **Hip Circumference:** Hip is around the buttocks, the widest part. Ensure there is nothing in pockets. \_\_\_\_\_
- L. **Outside Leg:** From your belt line to your ankle on outside of leg \_\_\_\_\_
- M. **Inside leg:** So ankle bone to crotch. Ensure pants are pulled up like where your underwear would sit on you. (not like jeans hanging down to knees) \_\_\_\_\_
- N. **Thigh Circumference:** Around thigh (4 Inches down from the crotch) \_\_\_\_\_
- O. **Calf circumference:** Measure at the widest point around calf. \_\_\_\_\_
- P. **Crotch:** Measure from front neck through under the crotch to the back of neck. \_\_\_\_\_