



Canberra City Gymnastics Club Inc.

Name	Chest (cm)	Waist (cm)	Hips (cm)	Girth (cm)	Arm Length (cm)

How to Measure

- 1. Chest measurement**
- 2. Waist measurement**
- 3. Hip measurement:** Taken around the fullest part of the bottom.
- 4. Body Length (Girth):** From shoulder, through crotch and up to same shoulder again.
- 5. Inside Leg Length (Boys):** From crotch along inside leg to floor.
- 6. Arm Length:** From armpit to wrist bone.
- 7. Outside Leg Length (Boys):** From waist along side of leg to floor.

NOTE: - Measurements should be firm.

