



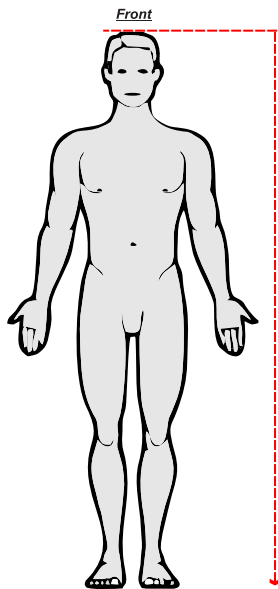
MEASUREMENT GUIDE

INSTRUCTIONS

1. Always take a second person with you for taking your measurements. Do not take them on your own or by yourself.
2. Always use soft tape for taking measurements.
2. The measurements guide works for men, women and kids.
3. Always use thin clothes while taking measurements. Do not use thick clothes.
4. Take measurements wearing a protector or vest if you plan to use it underneath your suit.
5. Take all measurements snug with normal breath.
6. You can take your measurements both in centimeters (recommended) or inches.
7. Do not put any room from your side while taking measurements. It can lead to an improper fit.
8. Do not use any type of back protector while taking "Back Length"
9. Use reference diagrams and instructions provided against each measurement to take your measurements properly.

NOTE: Taking measurements as per provided instructions is totally your responsibility. Failing to take your measurements properly can lead to inadequate fit. The measurements guide has been developed by professional team with vast experience. Each instruction provided in this guide was carefully added making it very easy to understand. Plus Racing Gear will not take any responsibility in case of an improper fit unless the measurements were taken by a representative or with the help of our sales team. There is no refund nor any returns will be accepted in case of custom products. If you find any difficulty while taking measurements, feel free to email us at (sales@plus-racing.eu)

HEIGHT & WEIGHT



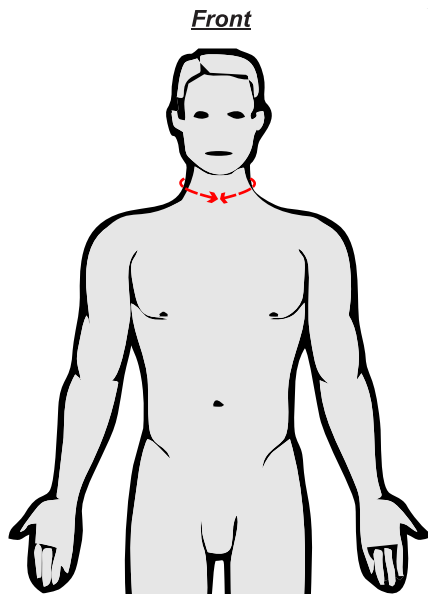
Measure your body height by standing against a wall. Place a pencil on top of your head horizontally and mark the wall with it. Measure the distance from floor to the spot on the wall.

Note: Remove any shoes or hat to ensure accurate measurement.

Your Body Height: _____

Your Body Weight: _____

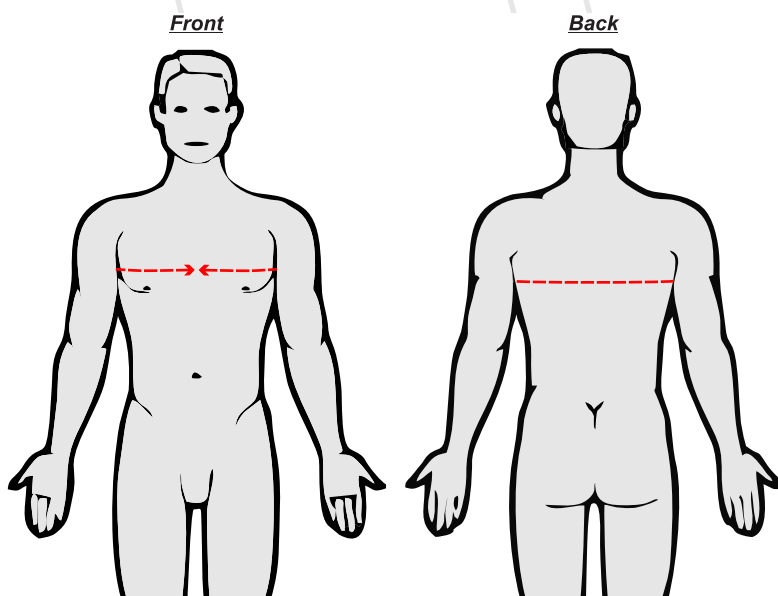
A: NECK



Measure circumference of your neck using tape horizontally (as shown in the diagram).

Your Measurement: _____

B: CHEST



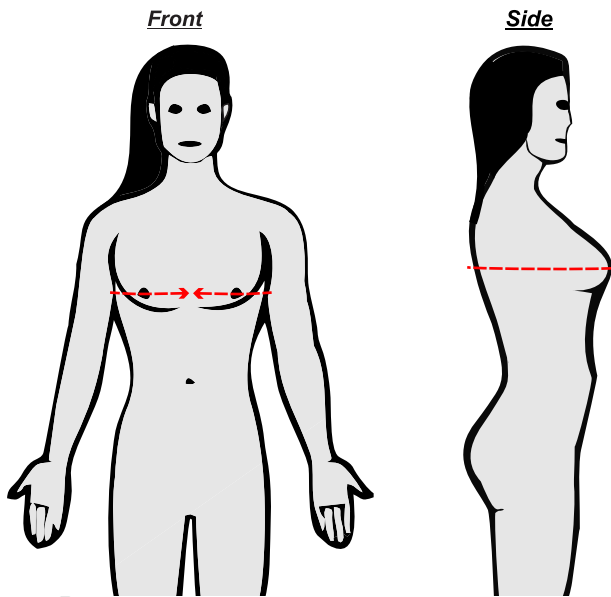
Measure circumference of widest part of your chest just under your armpits standing straight and relaxed. (as shown in the diagram).

Your Measurements:

Without Protector _____

With Protector (If any) _____

B2. BUST



Measure circumference of widest part of your bust usually around nipples. (as shown in the diagram).

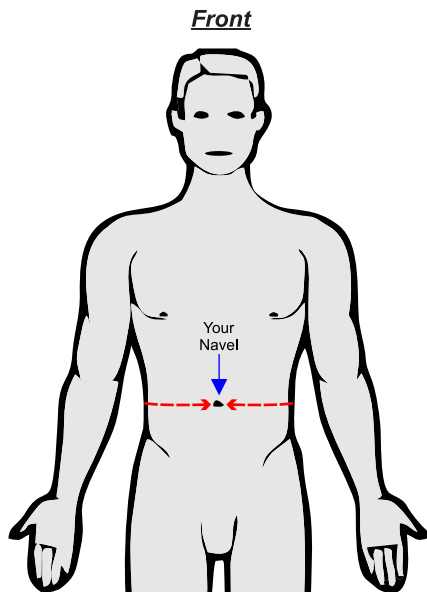
Your Measurements:

Without Protector _____

With Protector (If any) _____

Note: Skip this measurement in case you are a male.

C: BELLY



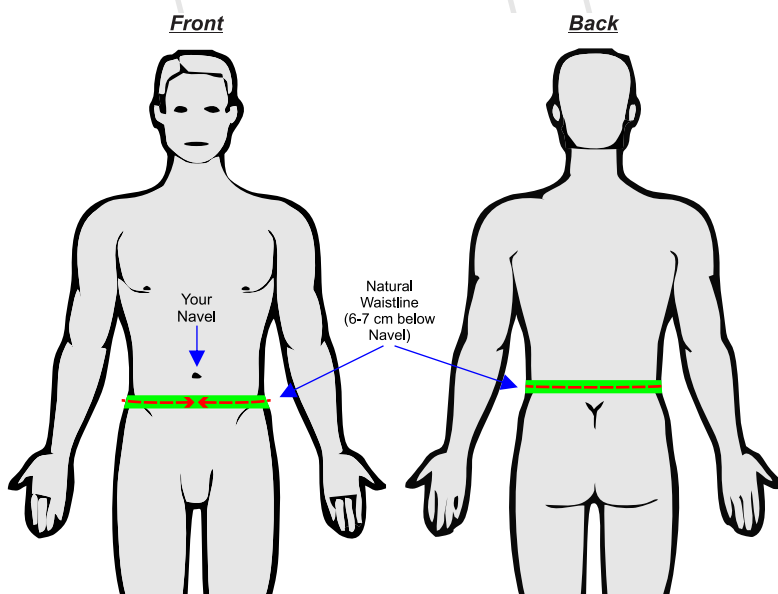
Measure circumference of your belly starting exactly around your navel using tape horizontally (as shown in the diagram).

Your Measurements:

Without Protector _____

With Protector (If any) _____

D: WAIST



Measure circumference of your waist that is normally 6~7 cm below your navel. (as shown in the diagram).

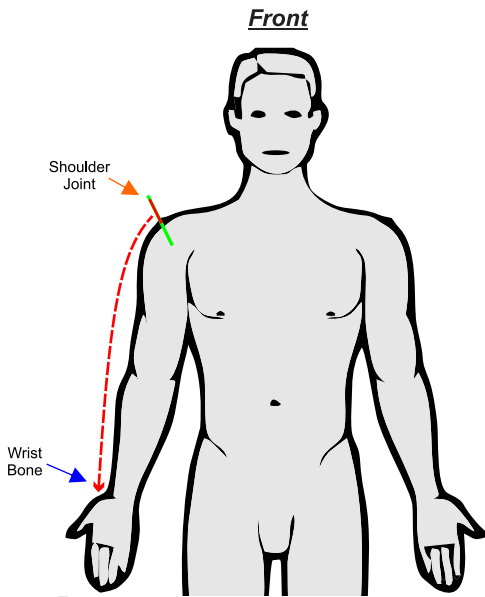
Note: Wrap any band or ribbon around waistline firmly (should not be loose) as it will help you in few more measurements later on.

Your Measurements:

Without Protector _____

With Protector (If any) _____

E. SLEEVE LENGTH

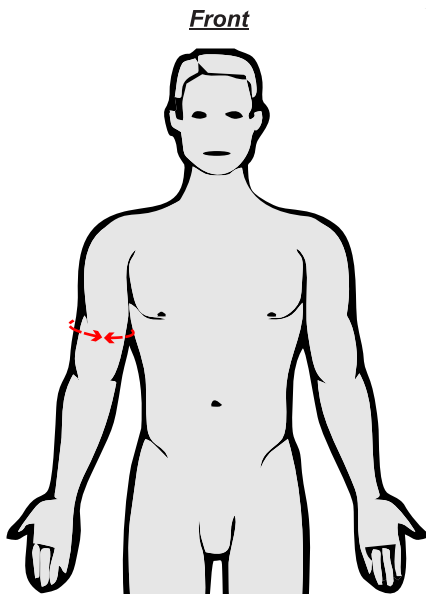


Measure your sleeve length starting exactly at shoulder joint (outer edge) and ending at wrist bone standing straight (as shown in the diagram).

Note: Put a mark on shoulder joint (exactly where you started) as it will help you in taking shoulder measurement later on. (See green mark).

Your Measurement: _____

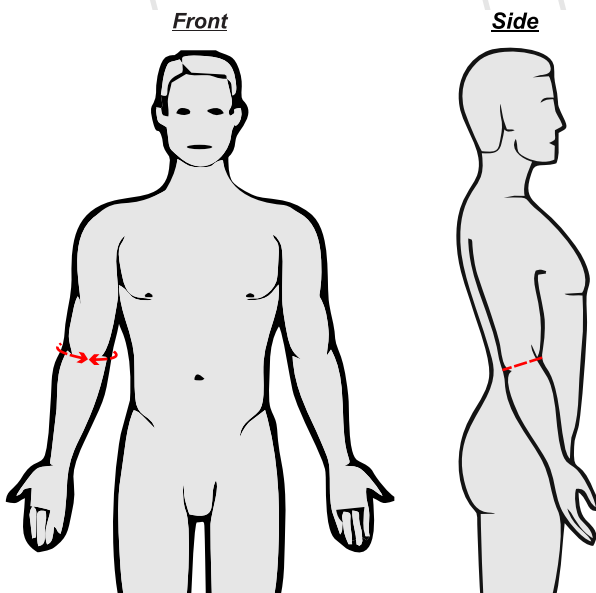
F: BICEPS



Measure circumference of widest part of your biceps keeping your arm straight (as shown in the diagram).

Your Measurement: _____

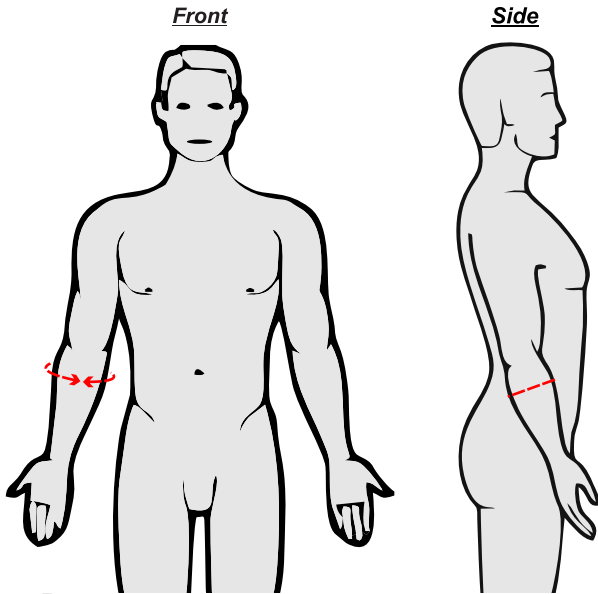
G: ELBOW



Measure circumference of elbow centre (elbow joint) keeping your arm straight (as shown in the diagram).

Your Measurement: _____

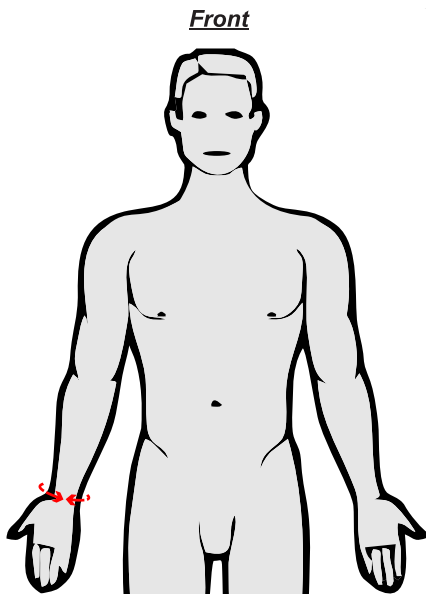
H. LOWER ARM



Measure circumference of widest part of your forearm under your elbow keeping your arm straight. (as shown in the diagram).

Your Measurement: _____

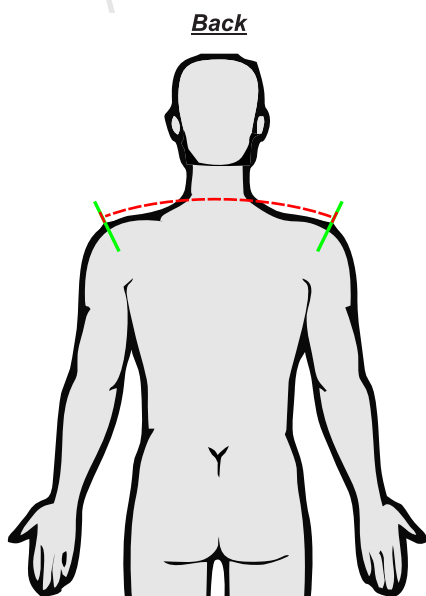
I: WRIST



Measure circumference of your wrist bone keeping you arm straight (as shown in the diagram).

Your Measurement: _____

J: SHOULDERS

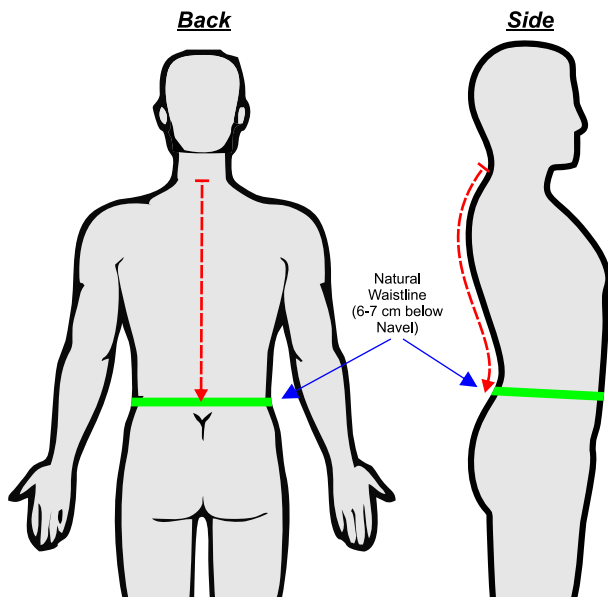


Take your shoulder measurement starting from one shoulder joint to another by passing the tape over your shoulders (as shown in the diagram).

Note: Start exactly from the point/mark which you marked while taking Sleeve Length (E) earlier.

Your Measurement: _____

K. BACK LENGTH



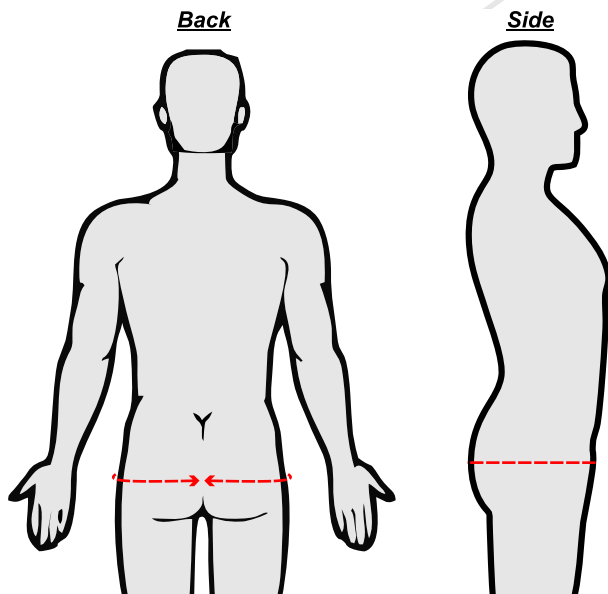
Measure your back length starting from neck joint on upper back and ending at waistline standing straight (as shown in the diagram).

Note: Waistline is the exact point where you put ribbon/band while taking Waist Circumference (D) earlier.

Do not use any protector while taking this measurement.

Your Measurement: _____

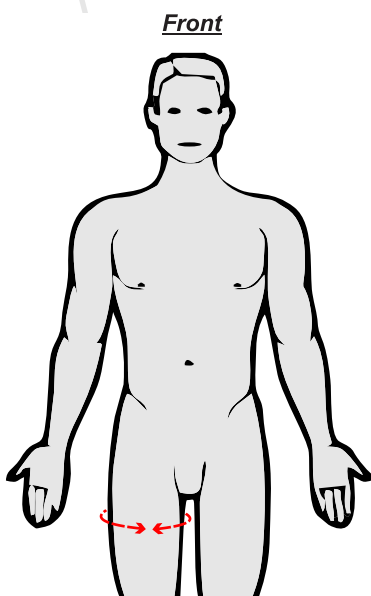
L: HIPS



Measure circumference of widest part of your buttocks standing straight and keeping tape horizontal (as shown in the diagram).

Your Measurement: _____

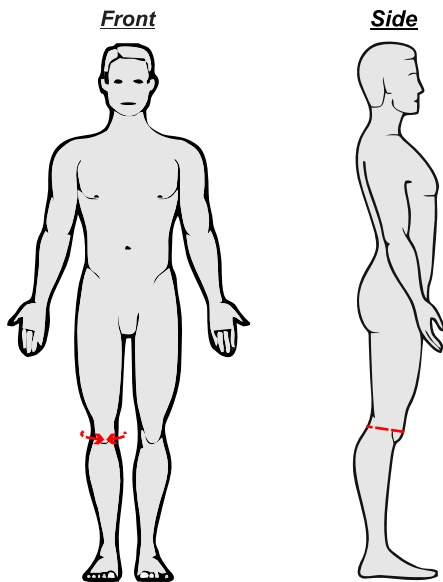
M: THIGH



Measure circumference of widest part of your thigh that is normally 7~8 cm below your crotch standing straight and keeping tape horizontal (as shown in the diagram).

Your Measurement: _____

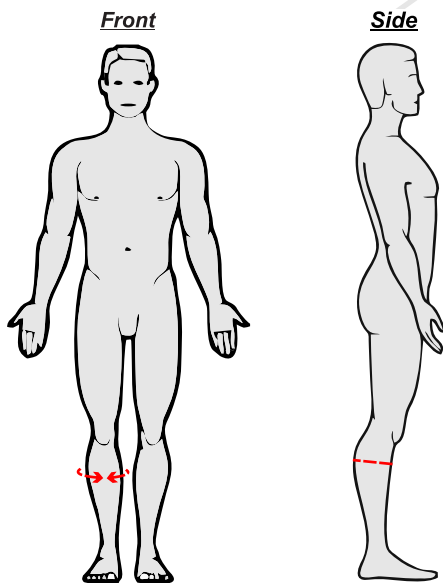
N. KNEES



Measure circumference of center of your knee keeping tape vertical (as shown in the diagram).

Your Measurement: _____

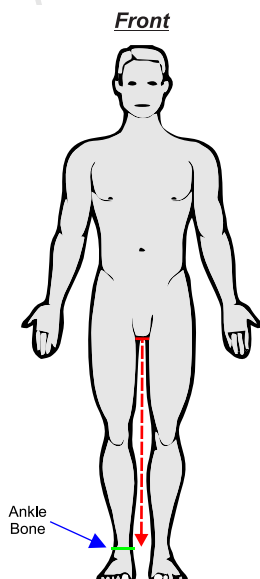
O: LOWER LEG



Measure circumference of widest part of your calf keeping tape horizontal (as shown in the diagram).

Your Measurement: _____

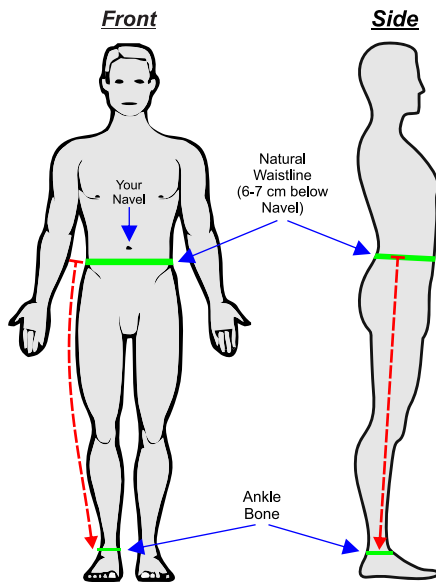
P: INSEAM



Measure your Inseam starting exactly from your crotch and ending at ankle bone standing straight (as shown in the diagram).

Your Measurement: _____

Q. OUTER LENGTH

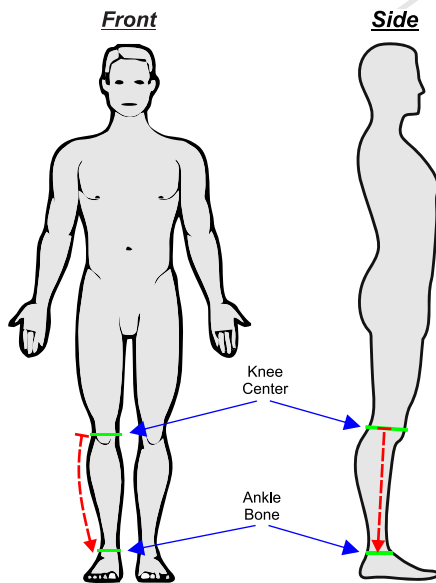


Measure your Outer Length starting at your waistline and ending at ankle bone standing straight (as shown in the diagram).

Note: Waistline is the exact point where you put ribbon/band while taking Waist Circumference (D) earlier.

Your Measurement: _____

R: KNEE TO ANKLE

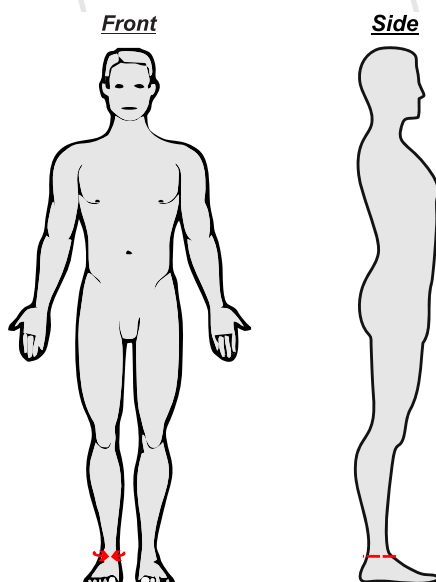


Measure starting from your knee center and ending at ankle bone standing straight (as shown in the diagram).

Note: Start exactly at center of the knee neither top nor bottom of the knee.

Your Measurement: _____

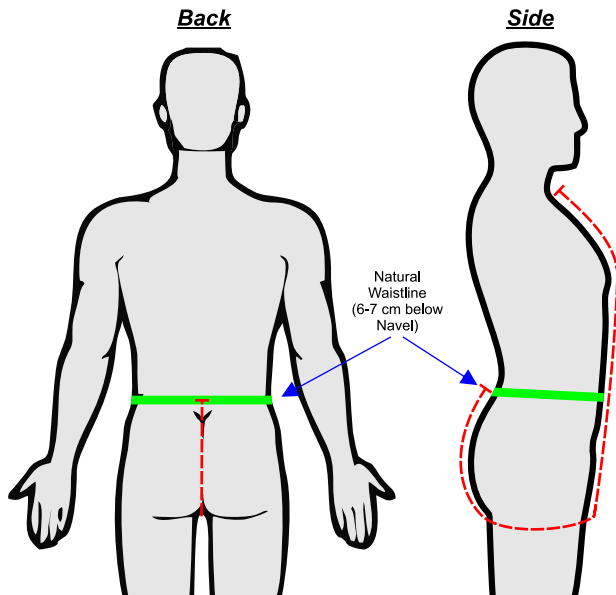
S: ANKLE



Measure your circumference of your ankle just above the ankle bone (as shown in the diagram).

Your Measurement: _____

T. SHAPE-J



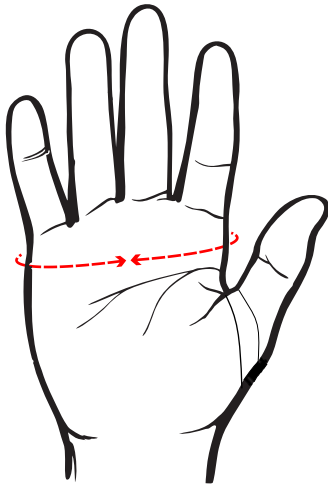
Measure starting exactly from waistline on backside and ending at neck joint on the front side by passing tape under your crotch (as shown in the diagram).

Note: Waistline is the exact point where you put ribbon/band while taking Waist Circumference (D) earlier.

Do not use any protector while taking this measurement. Also, make sure your tape is neither loose nor too snug.

Your Measurement: _____

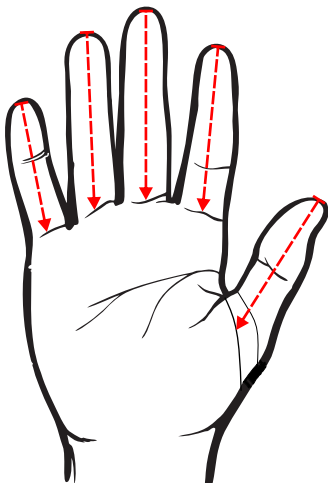
GLOVES: PALM



Measure circumference of widest part of your palm around knuckles keeping tape snug (as shown in the diagram).

Your Measurement: _____

GLOVES: FINGERS



Measure finger length of each finger starting from top of your fingers and ending at bottom keeping tape straight (as shown in the diagram).

Index Finger: _____

Middle Finger: _____

Ring Finger: _____

Pinky Finger: _____

Thumb: _____

ADDITIONAL INFO

Please check in or highlight the boxes to complete the following required information:

1. You are: Male Female Kid
2. Leather Type: Cowhide Kangaroo (**Extra charges**)
3. Protectors: CE Level-2 SAS TEC CE Level-2 Forcefield (**Extra charges**)
4. Back Insert: Basic CE Level-2 SAS TEC CE Level-2 Forcefield (**Extra**)
5. Soft Cuffs/Ankles: Yes No
6. Perforations: Yes No
7. Speed Hump: Regular Small No Hump Hydration Hump (**Extra**)
8. Shoulder/Knee Caps: Yes No
9. Elbow Sliders: Yes No
10. Stingray Pads (6 Pieces): Yes (**Extra charges**) No
11. Lining: Removable Fixed

Additional Notes (If any):

If you still need help regarding measurements or any further information, feel free to contact us.

Email: sales@plus-racing.eu | **Website:** www.plus-racing.eu