

Welcome to Rainbowsuits,

Basically, we kindly ask you to always take all measurements and add the desired fit and gender.

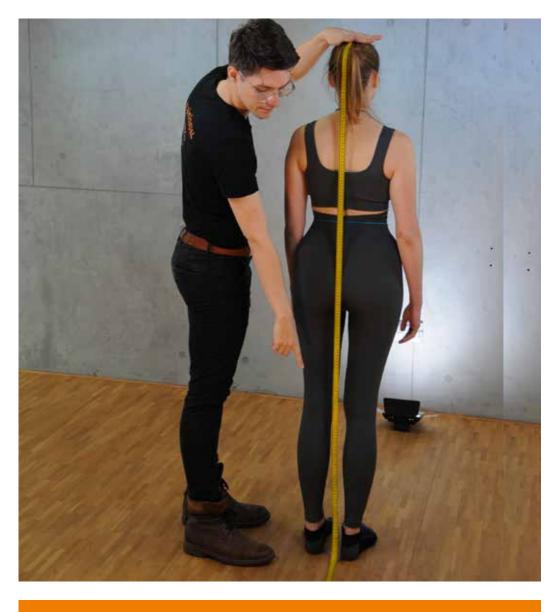
The dimensioning of the fit by rainbowsuits takes place in relation to the desired suit variant, body size and weight. We are happy to respond to your wishes, please note them for us.

In order to ensure a smooth process when measuring, you should prepare these things:

- take a second person to assist you
- measuring sheet is available on our website
- a pen
- a standard measuring tape
- piece of string / tape to mark the neck and waist

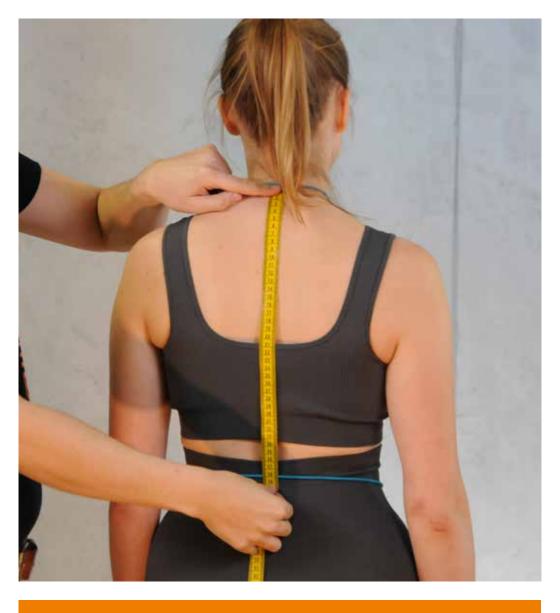
The person being measured should wear tight sportswear, e.g. tank tops and leggings, without shoes.

First mark the neck and waists, thereafter the measuring can start.



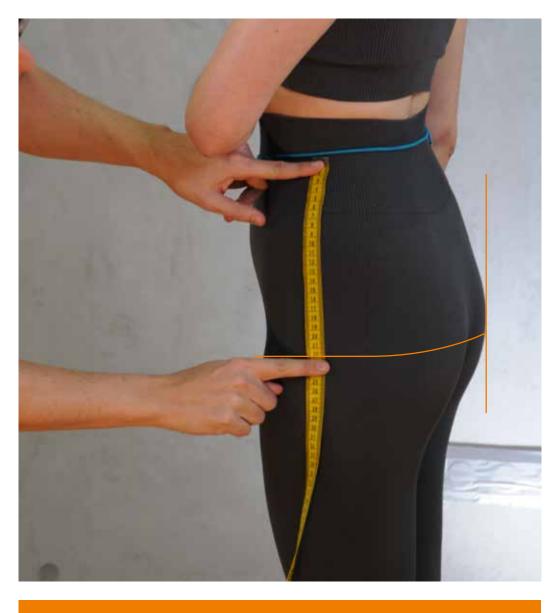
Body height head to toe (without shoes)

Distance between the highest point of the head and the sole of the foot in an upright position



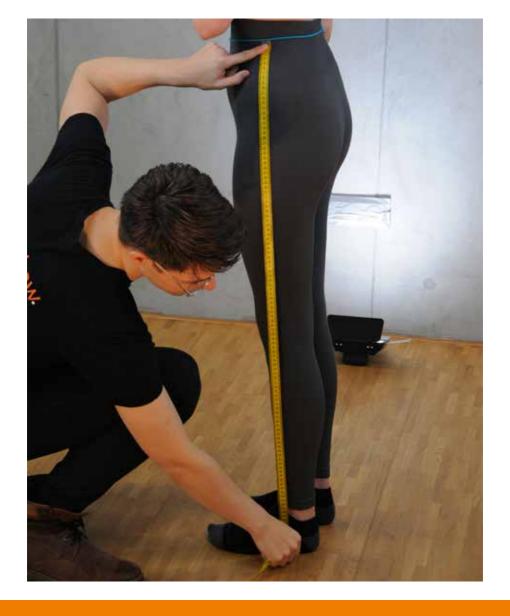
Back length / Waist length Seventh cervical vertebra up to the waist

Distance from the seventh cervical vertebra to the waist, measured along the spine



Hip depth Lateral distance waist to hip

Measured on the side of the body, Distance between waist and hip circumference



Side length /outer leg length Lateral distance Waist to sole of foot (without shoes)

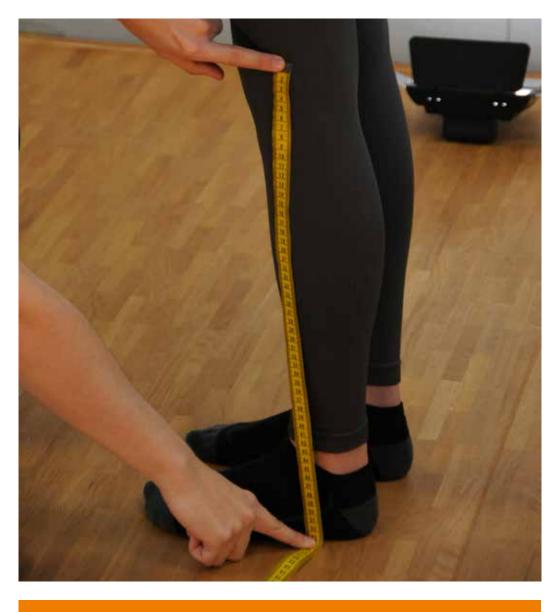
Measured on the side of the body, distance between waist and sole of the foot (from waist to hip the tape measure runs on body along)



Knee length

Distance waist to the middle of the kneecap

Measured on the side of the body Distance from the waist to the middle of the kneecap

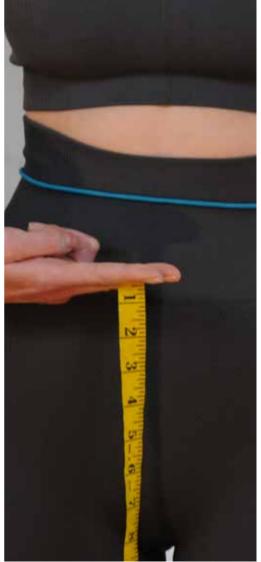


Calf length / Knee heigh Distance from the middle of the kneecap to the sole of

the foot (without shoes)

Measured on the side of the body, Distance between center of kneecap to the sole of the foot





Stride length /inner leg length

Distance step up sole of the foot (without shoes)

Vertikale Distanz zwischen der tiefsten Stelle Rumpf (Schritt) und Standfläche





Arm length

Seventh cervical vertebra –Shoulder point – Wrist

Distance between seventh cervical vertebra above shoulder point up to the wrist at the side outstretched arm position





Shoulder length

From the base of the neck to Shoulder point

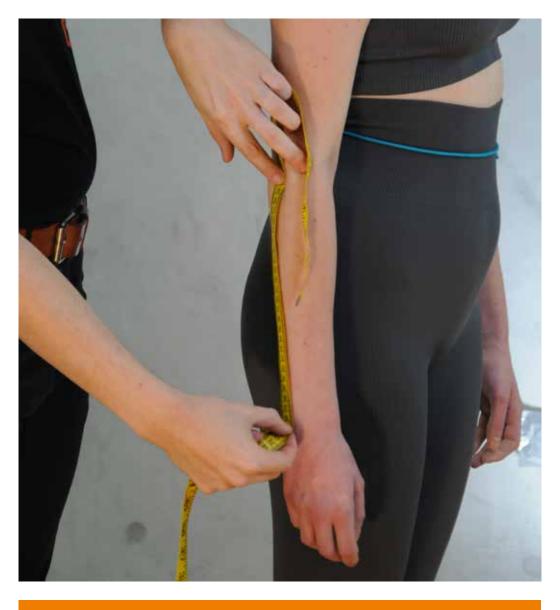
Length from the base of the neck to the shoulder point (acromion) drooping arms





Upper arm length Distance shoulder point -Elbow

Distance between shoulder point and elbow with slightly bent arm hanging down



Outer arm length Shoulder point - Elbow - Wrist

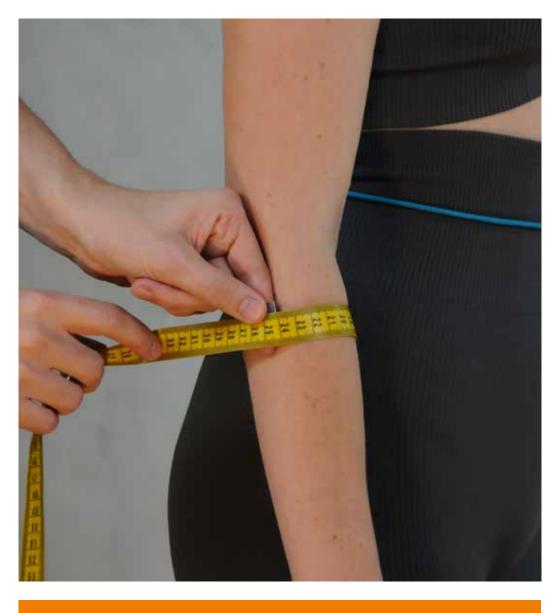
Distance between shoulder point over elbow to wrist at drooping bent arm



Upper arm circumference

Strongest point in upper arm area

Maximum horizontal circumference in the upper arm area (strongest Expression)



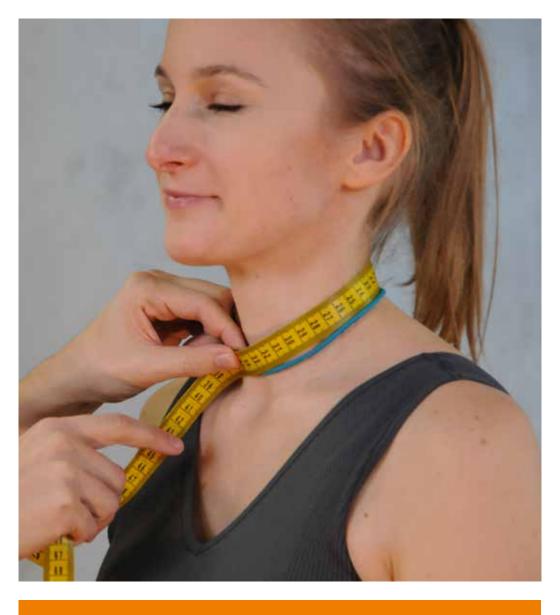
Forearm circumference Strongest point in forearm area

Maximum horizontal circumference in the forearm area (strongest Expression)



Wrist circumference Scope over carpal bones

Scope over the carpal bones measured



Neck circumference

Circumference of the neck

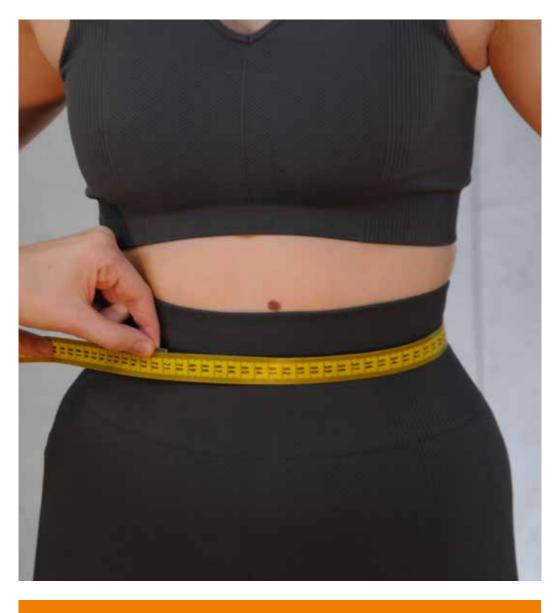
Circumference at the base of the neck at the level of the seventh cervical vertebra and the shoulder attachment points





Chest size / Bust Strongest point in Chest area

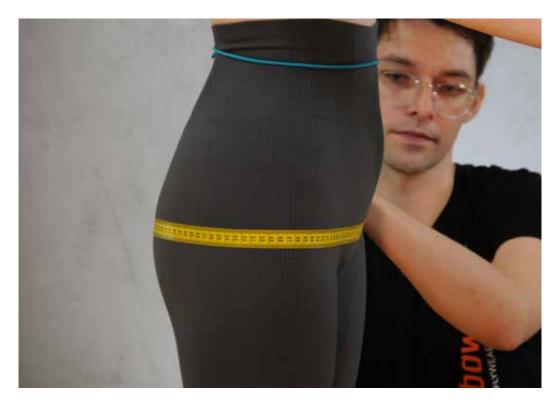
Maximum horizontal circum-ference under the armpits over the highest expression of the breast



Waist size

Natural waistline, narrowest part

Circumference on the natural waist-line between the highest point of the hipbones and the lowest ribs

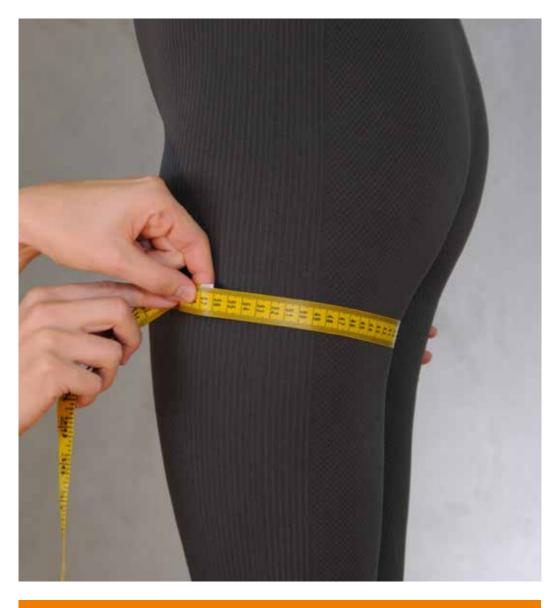




Hip circumference

Strongest point in Hip area

Maximum horizontal circumference in the area of the buttocks / hips at the strongest lateral or rear expression



Thigh circumference

Strongest point in thigh area

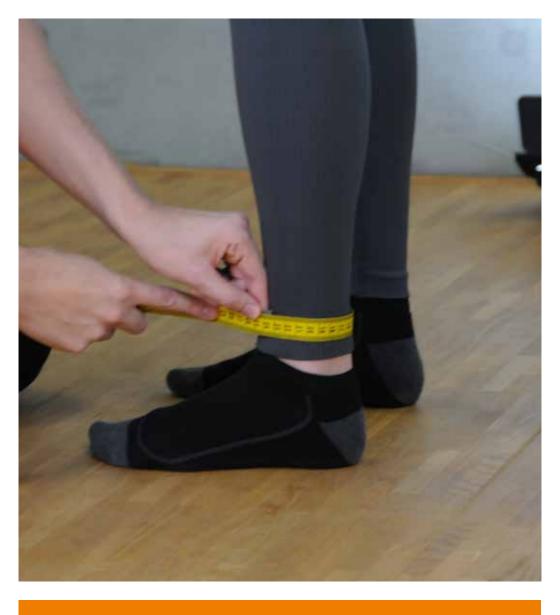
Maximum horizontal circumference in the thigh area (strongest Expression)



Calf circumference

Strongest point in calf area

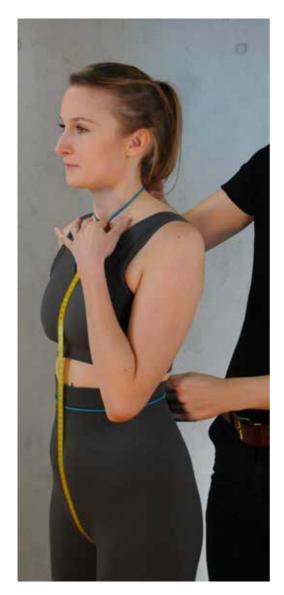
Maximum horizontal circumference in the calf area (strongest Expression)



Ankle circumference

Smallest size in ankle area

Minimum horizontal circumference of the leg above the ankle





Torso length

Neck – Crotch –Seventh cervical vertebra

Length from the base of the neck over crotch area up to the seventh cervical vertebra



Any questions? We like to help you:

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