# rinbowsuits SKYSUITS MADE IN GERMANY. 



## Welcome to rainbowsuits.

We always ask you to specify all measurements, the desired fit and gender.

The sizing of the fit by rainbowsuits is based on the combination variant, body height and weight. We are happy to take any special requirements into account, please note these for us.

The following preparations are advisable for smooth measuring:

- a helping person
- measuring sheet (download available on website)
- a pen
- a standard measuring tape in cm

The person to be measured should wear clothing that is as tight as possible. Please remove shoes.
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## Body height

head to toe (without shoes)
distance between the highest point of the head and floor in an upright position


## Back length

seventh cervical vertebra 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


Outer leg length
distance waist to floor (without shoes)
measured on the side of the body, straight line between waist to hip to the floor


## Knee length

distance waist to the middle of the kneecap
measured on the side of the body from the waist to the middel of the kneecap


## Knee to floor

distance from the middle of the kneecap to the floor (without shoes)
measured on the side of the body from center of kneecap to the floor


Inner leg length
distance inseam to the floor (without shoes)
vertical distance between the crotch and the floor




## Arm length

 spinal column to shoulder point to wrist distance between spinal column above shoulder point up to the wrist in outstretched arm position

## Shoulder length

from the base of the neck to shoulder point
length from the neck to the shoulder point (acromion) with arms hanging down


## Upper arm length distance shoulder point to elbow

distance between shoulder point and elbow with slightly bent arm


## Outer arm length

shoulder point to elbow to wrist
distance between shoulder point over elbow to wrist with slightly bent arm


## Bicep

strongest point in upper arm area
maximum horizontal circumference in the upper arm area (strongest expression)


## Forearm

strongest point in forearm area
maximum horizontal circumference in the forearm area (strongest expression)


## Wrist

circumference around carpal bones
measured over the carpal bones


Neck circumference of the neck
circumference at the base of the neck at the level of the seventh cervical vertebra


## Chest

strongest point in the chest area
maximum horizontal circumference under the armpits on the highest expression of the breast


## Waist

natural waistline
circumference on the natural waistline between the highest point of the hipbones and the lowest ribs


## Hips

strongest point in the hip area
maximum horizontal circumference in the area of the hips at the strongest lateral or rear expression


## Upper thigh

 strongest point in the thigh area maximum horizontal circumference of the upper thigh

## Calf

strongest point in the calf area
maximum horizontal circumference in the calf

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## Ankle

smallest circumference in the ankle area
minimum horizontal circumference of the leg above the ankle


## Torso length

neck to crotch to seventh cervical vertebra
length from the neck at the front through crotch up to the seventh cervical vertebra

## Weight

 specification in kg24

## Shoe size

 specification in Central European dimensions
## Any questions?

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