

# Competition Bikini Guidebook



glamfit<sup>BIKINIS</sup>



# When should I order?

## 12+ weeks out

Save your place at any time before 10 weeks out with our or '[Buy Now Design Later](#)' deposits.

For Custom Figure Suits design sketches we suggest getting in at least 12 weeks out from your competition.

## 10 weeks out

### **Order Your Bikini**

Use our [online bikini builder](#) or jump on a [zoom call](#) with our team to place your order.

## 4-6 weeks

### **Production Time**

Our current production time is around 4-6 weeks

This allows time for your bikini to be hand made, embellished and sized. This does not include shipping time

- Please choose Express Shipping!

**REMEMBER** The estimated shipping time at checkout doesn't include bikini production time!

## 4 weeks out

### **Update Measurements**

We know your sizes will change throughout your prep. Update your high hip measurement at 5-4 weeks out and we will sew the briefs of your bikini to your new size, to ensure its a perfect snug fit on show day.

## 2-3 weeks out

### **Receive Your Dream Bikini!**

We aim to ship your bikini with plenty of time before show day so you can try it on and we can make any additional adjustments needed.



# Colours

How do I choose the right colour?

## TRUST YOUR GUT, GO WITH THE COLOUR YOU LOVE

Is there a colour you love to wear or get complimented in?

Stalk our IG and see what colours stand out to you!

## TALK TO THE EXPERTS

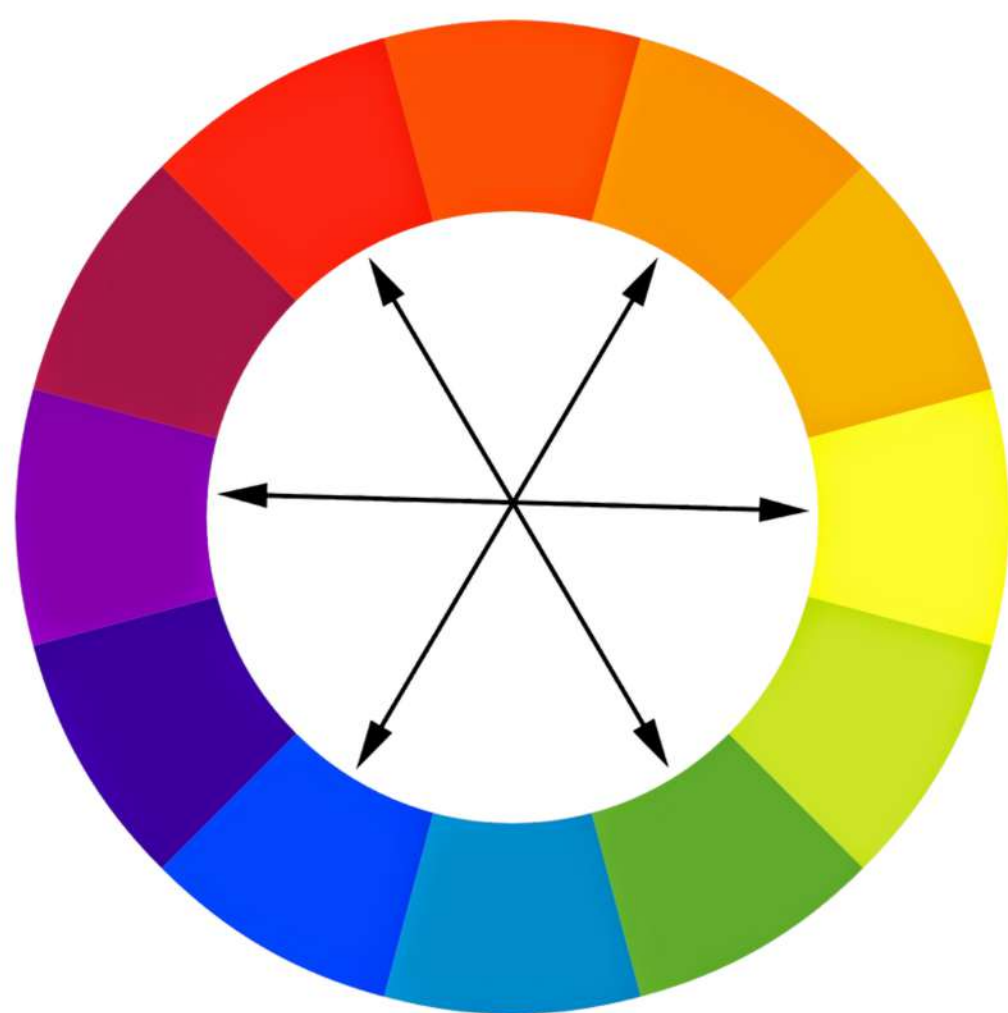
Choosing a bikini colour is not always easy. You must take into consideration your hair colour, the comp tan, and what will make you feel the most confident.

If you have no idea where to start, book in a free zoom consult and we can recommend you some colours!

## CONSIDER YOUR TAN

Remember your skin tone will look very dark with the competition tan. Every tanning company will have a different undertone or look slightly different but you always want a bikini colour that will stand out from your skin colour and not blend in.

the  
opposite  
colour will  
always  
stand out!



## STAGE LIGHTING & BACKDROP

Look at photos from the previous Season's competitions. The venue, lighting and stage conditions will usually be the same as previous years. This is a great way to see what colours stand out against the backdrop and what colours are popular.



# Colours

## Hair Colours

### BLONDES

Blondes can wear a huge variety of colours!

Bold colours like Red, Royal Blue and Teal look great as do softer colours like Coral, Pink, Mint, White or Turquoise



### BRUNETTES

Deep or bold colours look great on brunettes

Cranberry, Midnight Blue and Emerald Greens are stunning. You can also wear Bright Pinks, Purples or even Black.



### REDHEADS

Teal, Turquoise, Burgundy and Deep Purples are all stunning on red heads

Royal Blue is a beautiful choice. Avoid Orange!





# Choose Your Colours

## FABRIC & CRYSTAL COLOURS

### [CLICK HERE TO DESIGN](#)

In our Custom Bikini Builder we make choosing colours easy. Select from the following options:

### CUSTOM COLOURS

If you have a design in mind and want to choose all your options select "Custom Colours". This allows you to select the exact fabric and individual crystal colours.

### OUR MOST POPULAR COLOURS

Not sure what crystals will look good with your fabric? Select "Our Most Popular Colours" to select from our tried and true colour combos. These swatches have been hand picked by our expert bikini specialists so you can trust your suit will look stunning!





# Crystals

## CRYSTAL TYPES

### STANDARD

Just because our standard crystals are not Preciosa does not mean they are not beautiful. Most of our bikinis use standard crystals, which are made from high quality glass and resin. They shine beautifully and are more budget friendly.

### PRECIOSA

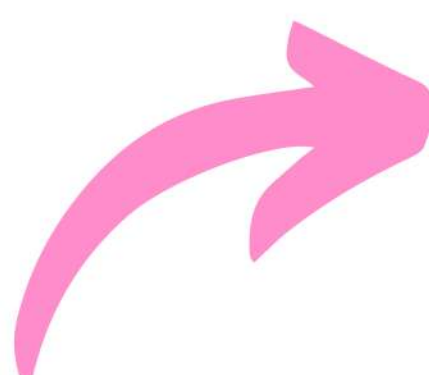
This line of rhinestones has a very intricate cut which makes them incredibly shiny under lights and perfect for stage. Serious competitors invest heavily into their sport and they know that their outfits must draw the attention of the judges from the minute they step on stage. Preciosa has combined quality, durability and shine ensuring the highest-level of sparkle!



Preciosa



Standard

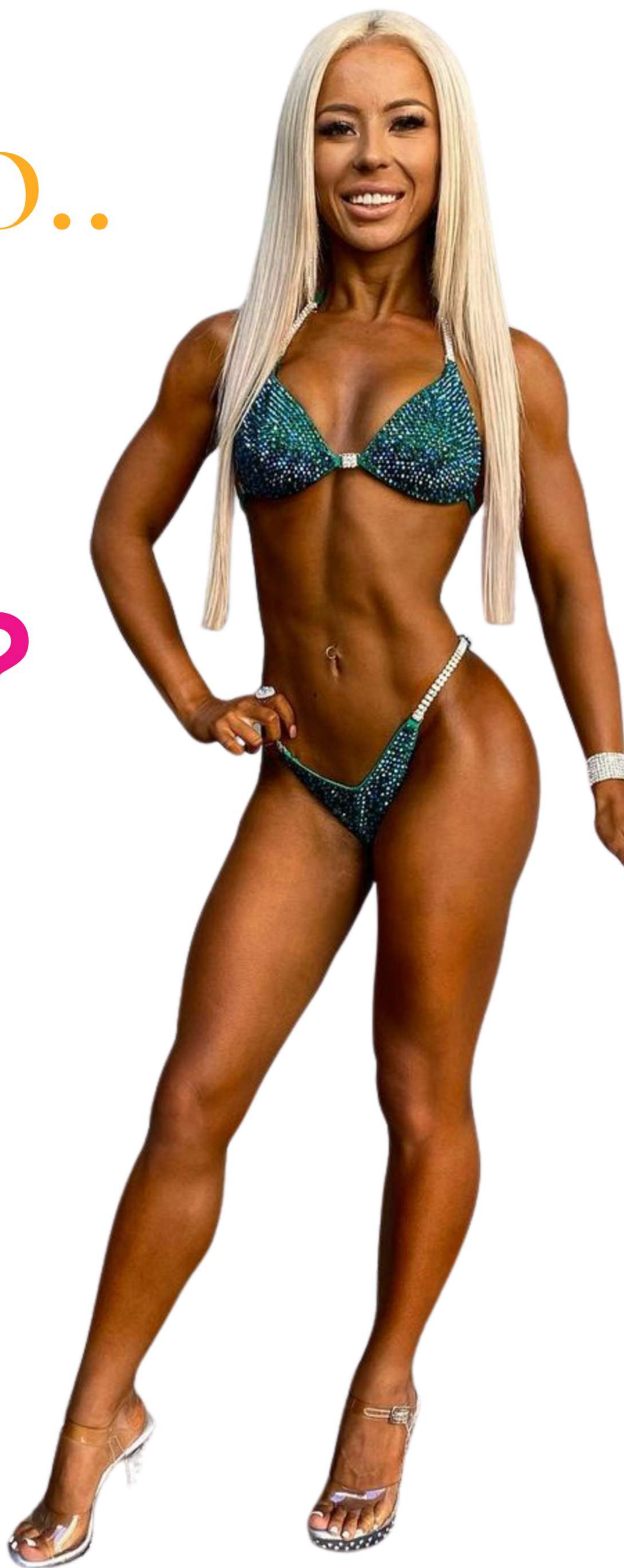




Okay so..

HOW  
DO I  
ORDER?

glamfit <sup>BIKINIS</sup>





# More than 12 weeks out ?

**BUY NOW  
DESIGN LATER**

STEP 1:

[\*\*CLICK HERE\*\*](#)

STEP 2: Choose your suit type

STEP 3: Enter your expected  
competition date

STEP 4: Checkout

A team member will then contact you  
at 10 weeks out to discuss your  
design, colour and size via a zoom  
call!





# My Design

## I Know What I Want

You already have inspiration photos saved, you've been planning this for months!

## Custom Bikini

Use our Custom Bikini designer to choose your design, fabric and crystal colours, connectors and sizes. Our website will take you step by step through the entire bikini. We have also added our most popular colour swatches and connector choices, to make your decisions even easier!

## I Have No Idea

You don't really know where to get started, designing from scratch sounds overwhelming.

## Shop The Look

Browse our gallery of past competitor's designs and you might just fall in love with their bikini colour. Sometimes you don't know what you want until you see it! Simply choose what size and shape you need.

## In a rush?

## Ready To Ship

In a hurry? These bikinis are already made and waiting to find their forever home!



Your design  
is decided..

LETS GET THE  
PERFECT  
SIZE



glamfit  
B I K I N I S



# Brief Style

## BIKINI BRIEF FRONT STYLES

### STANDARD

Standard style briefs is our original and most popular cut. These bottoms are suitable for All bikini and fitness federations. They sit around the hips and have a butterfly shaped scrunch bottom to accentuate the glues.

### EURO CUT

The Euro Cut briefs have a V shape with a scoop front and butterfly scrunch bottoms. It is designed to sit high over the hips to give a flattering look to your midsection and create the illusion of elongated legs and smaller waist. These briefs are best suited to European competitors and federations like IFBB. Lots of ICN girls also love this look. We have noticed this style is becoming more popular with all federations.

### STANDARD



### EURO CUT





# Brief Style

## BIKINI BRIEF CUTS

### PRO

Small amount of coverage. If you have great glutes and want to show them off, then the 'Pro' cut is perfect for you.



### BRAZILIAN

Our most popular cut is our 'Brazilian' it is a great all-rounder and is cut with a curve to sit around your glutes.



### EXTRA CHEEKY

For federations that require a fuller coverage of at least 1/3 of the glute we recommend the 'Extra Cheeky' cut.



### FIT MODEL

For federations that require 50% coverage the 'Fit Model' cut is your best option. Approved for NPC/IFBB's Fit Model category





# Brief Style

## BIKINI BRIEF CUTS

### MICRO PRO

If you are proud of your glutes and want to give them their due spotlight, the 'Micro Pro' cut is just what you need - a scant amount of coverage that shows off those hard-earned muscles!



### OLYMPIAN

Are you an experienced bodybuilder looking to showcase your hard-earned conditioning? Look no further than the 'Olympian' cut! This ultra-slim design is perfect for athletes who want to show off their physiques on stage at IFBB/NPC events.



## Our Recommendations

<b>IFBB</b>	Olympian, Micro Pro
<b>NPC</b>	Olympian, Micro Pro
<b>FMG</b>	Micro Pro , Pro, Brazilian
<b>Natural Federations</b> <b>ICN, WNBF, INBA etc.</b>	Micro Pro , Pro, Brazilian
<b>WBFF</b>	Brazilian, Extra Cheeky
<b>IFBB FIT MODEL</b>	Fit Model



# Hip Measurement

## HIP AND BRIEF SIZE

### HIP MEASUREMENT GUIDE

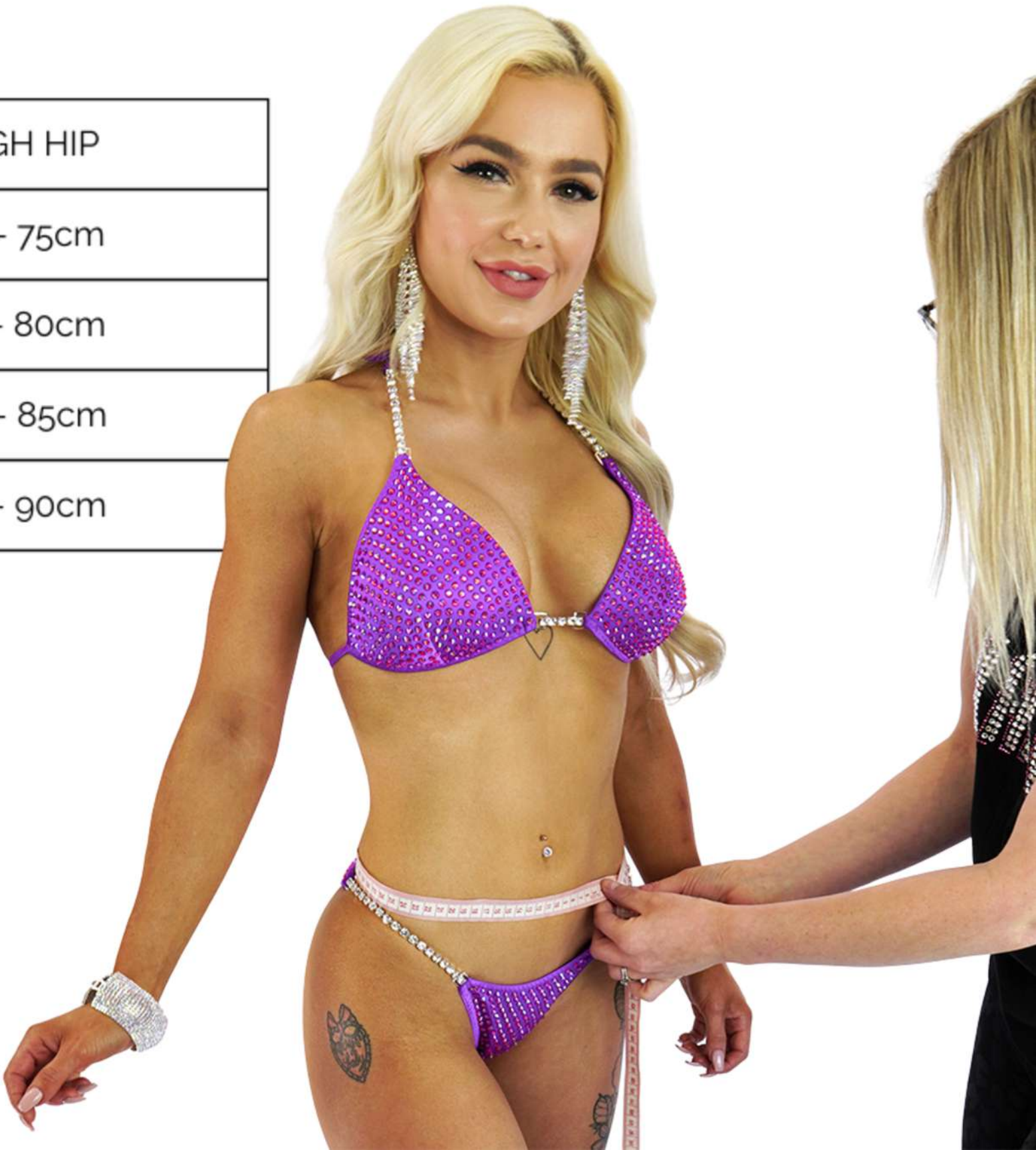
Your brief size is determined by your high hip measurement. Your hip measurement is to be taken on your HIGH HIP which is on your underwear line NOT around your waist, glutes or widest part. Take a tape measure and measure the full circumference of your hips usually this is in line with your hip bones.

We want you to look and feel your absolute best on stage so please make sure you check your measurements properly. Remember to order with your stage weight in mind.

If you happen to be in between two sizes then please select the smaller size on your order form as you are likely to drop size as your competition date approaches. However if you are already close to stage weight then the bigger size may be more appropriate.

### BRIEFS

	HIGH HIP
AU 4	70 - 75cm
AU 6	74 - 80cm
AU 8	80 - 85cm
AU 10	85 - 90cm





# Crotch Measurement

OPTIONAL

## CROTCH MEASUREMENT

Your crotch measurement is an optional measurement you can offer when placing your order. Our pattern will fit the vast majority of sizes but you may feel free to add this measurement in your order notes if you have a c-section scar you wish to hide or if you want your bottoms to sit higher or lower than usual.

To find your crotch measurement, take your tape measure to your back and hold the end of it at the top of your underwear. Pass the tape through your legs and take note of the measurement of where you would like your suit to sit at the front. Somewhere between 35-50cm is considered normal. Please contact us if you have any troubles.



## EXTRA RISE



### OPTIONAL EXTRA RISE:

ADD 1.5CM TO THE TOP OF  
YOUR BIKINI BRIEF

GREAT FOR TALL COMPETITORS  
174CM TALL AND ABOVE  
OR FOR COMPETITORS WITH  
CAESAREAN SCARS THAT WANT  
THEM TO BE COVERED



# 4 Weeks Out

WE UNDERSTAND YOU WILL CHANGE

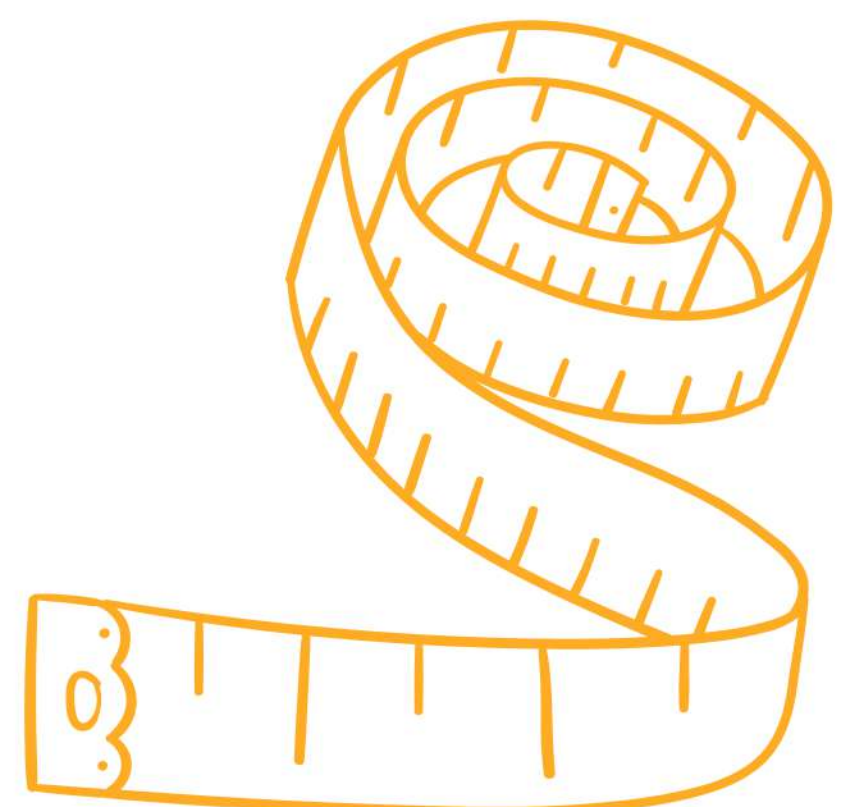
As competitors ourselves, and from making bikinis for hundreds of shows, we understand you will lose fat through prep, and your measurements will change.

Leading up to your show we will contact you to confirm your hip measurement at 4 weeks out. We complete 90% of production of your bikini except for the back of the briefs to be sewn together.

We will send an email reminder for you at 5/4 weeks out to remeasure your high hip and update the measurement. This will ensure a firm fit for the day of your competition. If you fail to reply to our email, we will use your original measurement to size your briefs.



If we don't hear from you, we will ship your bikini with our standard measurements to ensure it arrives on time!





# Top Style

## BIKINI TOP STYLE

Now its time to select your bikini top style, below we will go through all our different cups shapes. We have included horizontal and vertical measurements of the individual cups so you can use a measuring tape to compare them to your favourite triangle bikini top or bra cup.

Our top sizes run SMALL. We recommend choosing the bra size you currently measure at rather than what you think you will be on comp day.



		HEIGHT	WIDTH
X Small	A	14cm	18cm
Small	B	14cm	18cm
Medium	C	15cm	19cm
Large	D	16cm	20cm
X Large	DD Slim	16cm	22cm
X Large	DD Full	17cm	22cm
XX Large	E	17.5cm	23cm

### SWEETHEART MOULDED

Designed with a flattering scooped shape, it features built-in padding to enhance and define the bust. This versatile style compliments both natural and enhanced breasts, making it a favourite among competitors. For those with a smaller bust, the Sweetheart top adds volume, curves, and a natural-looking cleavage boost, however we don't recommend for A cup or super flat chests as it may gape if there's no breast tissue to push up. It's an excellent choice for competitors who want to control excess skin due to breastfeeding or significant weight loss, helping to prevent any 'spillage.'

For competitors with implants, this style enhances cleavage and helps bring wide-set implants closer together. Overall, the Sweetheart top is a must-have for achieving a fuller, more sculpted look on stage.



# Top Style



		HEIGHT	WIDTH
X Small	A	15.5cm	15cm
Small	B	16.5cm	15cm
Medium	C	17.5cm	16cm
Large	D	19cm	16.5cm
X Large	DD	20cm	17.5cm
XX Large	E	21cm	18.5cm

## SLIDER

Our Slider style top is a traditional triangle bikini, they are designed to slide along a draw string. This allows for more flexibility in the size and coverage of the top. This style is suited to competitors with implants as the shape of the cup conforms to the chest, and the drawstring hugs the ribs, preventing underboob-gaping. For our smaller busted girls, this top is super flattering because it sits flat against the skin, and can be filled with padding for more shape. We recommend this for IFBB competitors especially. Slider bikini tops come with a thin layer of padding to avoid 'high beams'.



		HEIGHT	WIDTH
X Small	A	16cm	10.5cm
Small	B	16.5cm	11.5cm
Medium	C	18cm	12.5cm
Large	D	19cm	13.5cm
X Large	DD	21cm	14.5cm
XX Large	E	22cm	15.5cm

## BOMBSHELL DIVA

Our 'Bombshell Diva' top has one continuous underwire which peaks in the centre. This style is suited to FMG and other fashion focused federations. It is a deep plunging bra that creates the perfect cleavage. It is best suited to most girls with implants or a large natural bust. Its also super popular in european federations. We do not recommend these cups if you are smaller than a natural B cup.



# Back Connectors

## RHINESTONE VS. ADJUSTABLE

Elevate your look with our stunning back connectors - choose from adjustable or rhinestone options! While the rhinestone connectors add a touch of glamour to your photos, it's important to note that they're not adjustable, so an accurate rib measurement is crucial. For the perfect fit on show day, we recommend taking your measurement right under the bust.

Trust us, it'll be worth it for that show-stopping effect.

Or enjoy peace of mind with an adjustable strap that ensures a perfect fit for your bikini, no matter your final stage weight. You will feel confident and comfortable with this classic choice.

### 2 ROW

Crystal Silver  
Rhinestone Closure



### 1 ROW

Crystal Silver  
Rhinestone Closure



### PLAIN

Adjustable. No crystals





# SHOW DAY

## Checklist

### AT HOME / HOTEL

- BLACK SHEETS AND PILLOW CASE
- TOWEL TO PROTECT CAR SEATS

### MINI SUITCASE OR LARGE DUFFLE BAG

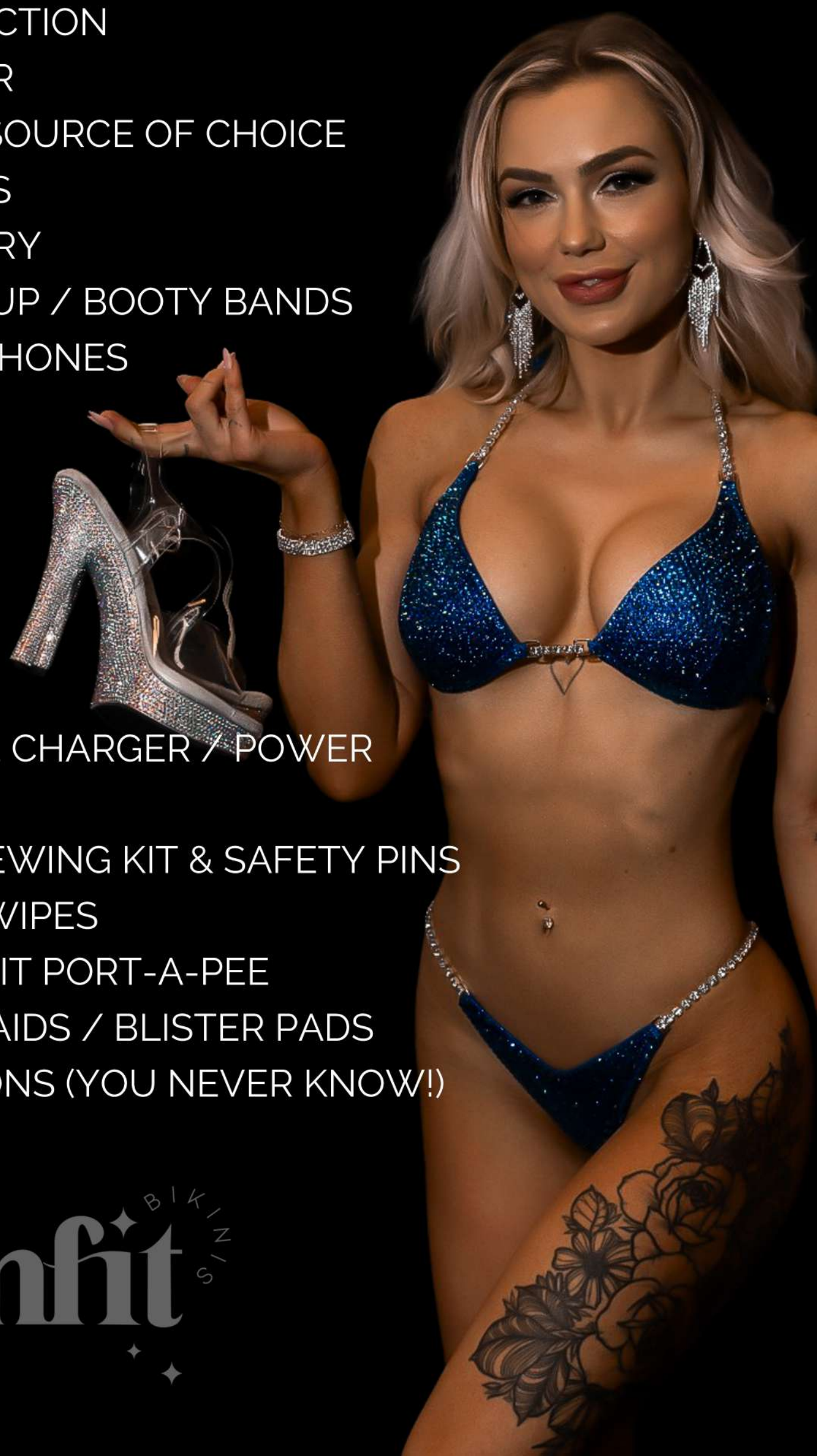
- COMPETITOR NUMBER/BADGE
- GLAMFIT BIKINI
- BIKINI CARRY CASE OR DUST BAG
- POSING BIKINI
- HEELS (PLUS BACK UP IF YOU HAVE)
- JEWELLERY - EARRINGS, BRACELETS, RING
- ROBE
- TOWEL TO LIE / SIT ON
- PILLOW
- COMFY CLOTHES FOR AFTERWARDS (TRACKIES)
- SLIPPERS / SLIDES
- TOUCH UP MAKEUP
- EYELASH GLUE
- HAIR STRAIGHTNER / CURLER
- HAIR BRUSH
- HAIRSPRAY
- CLAW CLIP

### • SHOWER CAP FOR TAN PROTECTION

- MIRROR
- CARB SOURCE OF CHOICE
- SCALES
- CUTLERY
- PUMP UP / BOOTY BANDS
- HEADPHONES

- PHONE CHARGER / POWER BANK
- MINI SEWING KIT & SAFETY PINS
- BABY WIPES
- GLAMFIT PORT-A-PEE
- BAND AIDS / BLISTER PADS
- TAMPONS (YOU NEVER KNOW!)

glamfit BIKINIS







DM us the  
word **‘BLING’**  
to book your  
free design  
consultation.

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