

# COMPETITION BIKINI

## *Guide Book*





# When Should I Order?

## HOW MANY WEEKS OUT?

For Custom Figure Suits we suggest getting in 8-12 weeks out from your competition.

We can also re-confirm your hip measurement at 4 weeks out.

For 'Buy Now Design Later' bikinis measurements will be taken closer to the date at 10 weeks out.

## READY TO SHIP

Straight from our Showroom in Adelaide!

These can be shipped out within 2 days of purchasing

## TURN AROUND TIME

Our current production time is around 4-6 weeks

This allows time for your bikini to be hand made, embellished and brought back to us for dispatch. This does not include shipping time - Please choose Express Shipping!

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

## SHIPPING

### AUSTRALIAN SHIPPING

The exact price of shipping will be calculated at checkout when you pay for order via our website

Express: 2-4 business days

Standard Shipping: 5-14 business days (not recommended)

### INTERNATIONAL SHIPPING

For international orders we recommend DHL express only to ensure it arrives to you quickly and safely!

Usually standard international shipping is 4-6 weeks.

EParcel express is 3-4 weeks.

DHL express is 3-7 business days.



# 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!

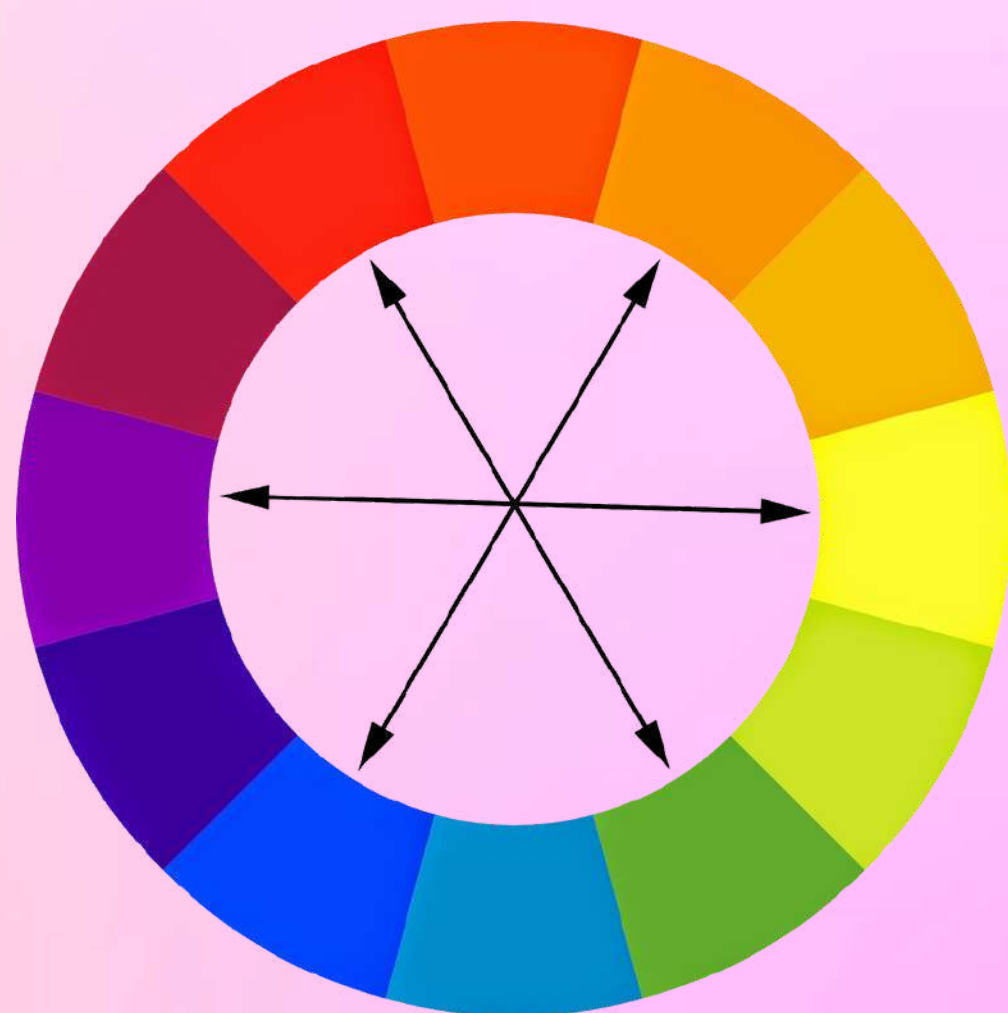
### TAKE OUR QUIZ!

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, take this quiz to find out which colour might be right for you!

### 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.



# 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!



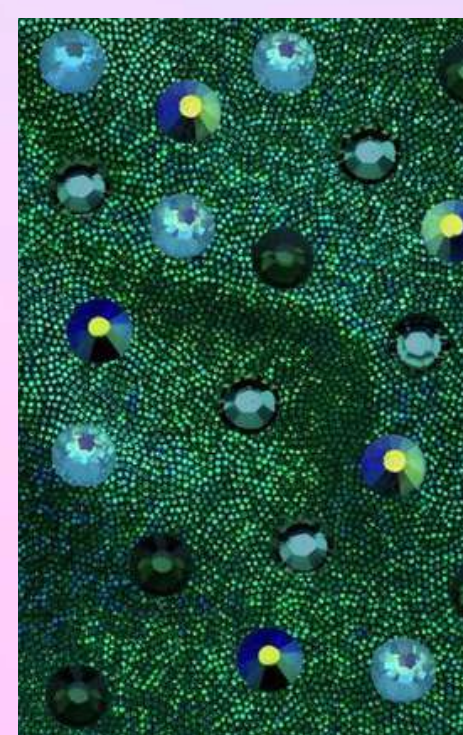
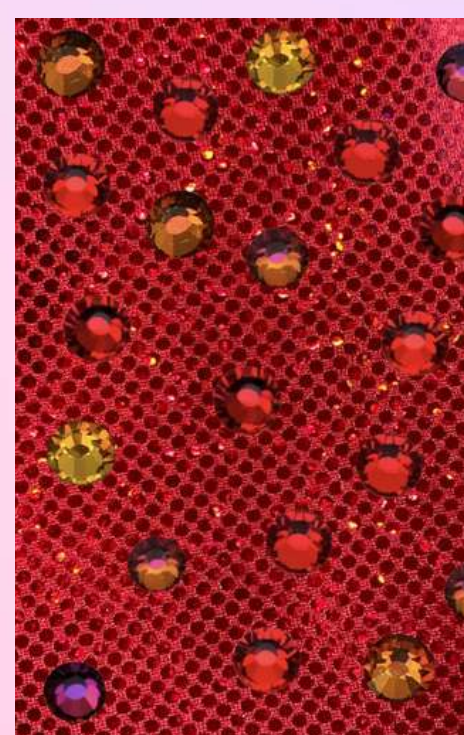
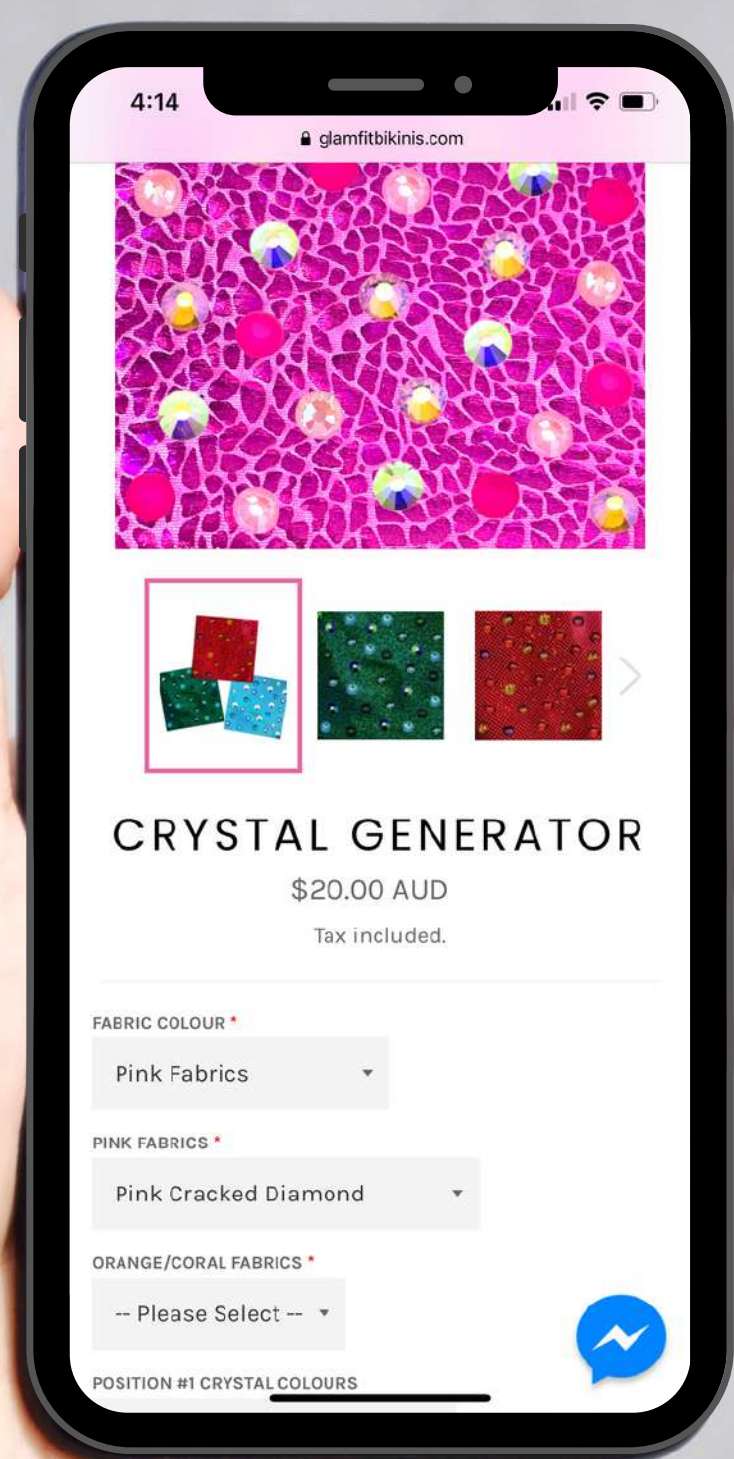


# Crystal Swatch Generator

"I'M NOT SURE WHICH CRYSTALS  
WILL LOOK GOOD.."

[CLICK HERE TO START DESIGNING](#)

Our Crystal Swatch Generator allows you to choose your fabric and crystal colours and generates an example image of what it will look like. You can also purchase this swatch for \$20 and we will send you the real thing! Great for those who want to see their fabric and crystal choices before buying



CRYSTAL SWATCH GENERATOR

*Book a Free Zoom  
Consult to see the  
colours via video!*





# 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. Remember you can use our Crystal Swatch Generator to play around with your design!

#### 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 ?





# My Design

```
graph TD; A[My Design] --> B[I KNOW WHAT I WANT]; A --> C[I HAVE NO IDEA]; B --> D[CUSTOM BIKINI]; C --> E[SHOP THE LOOK]; D --> F[READY TO SHIP]; E --> F;
```

## 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 and you might just fall in love with their bikini. Sometimes you don't know what you want until you see it! Simply choose what size and shape you need.

## READY TO SHIP

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



# More than 12 weeks out?

**BUY NOW, DESIGN LATER**

STEP 1:

[CLICK HERE](#)

STEP 2: Choose figure suit or bikini

STEP 3: Enter your expected competition date

STEP 4: Checkout

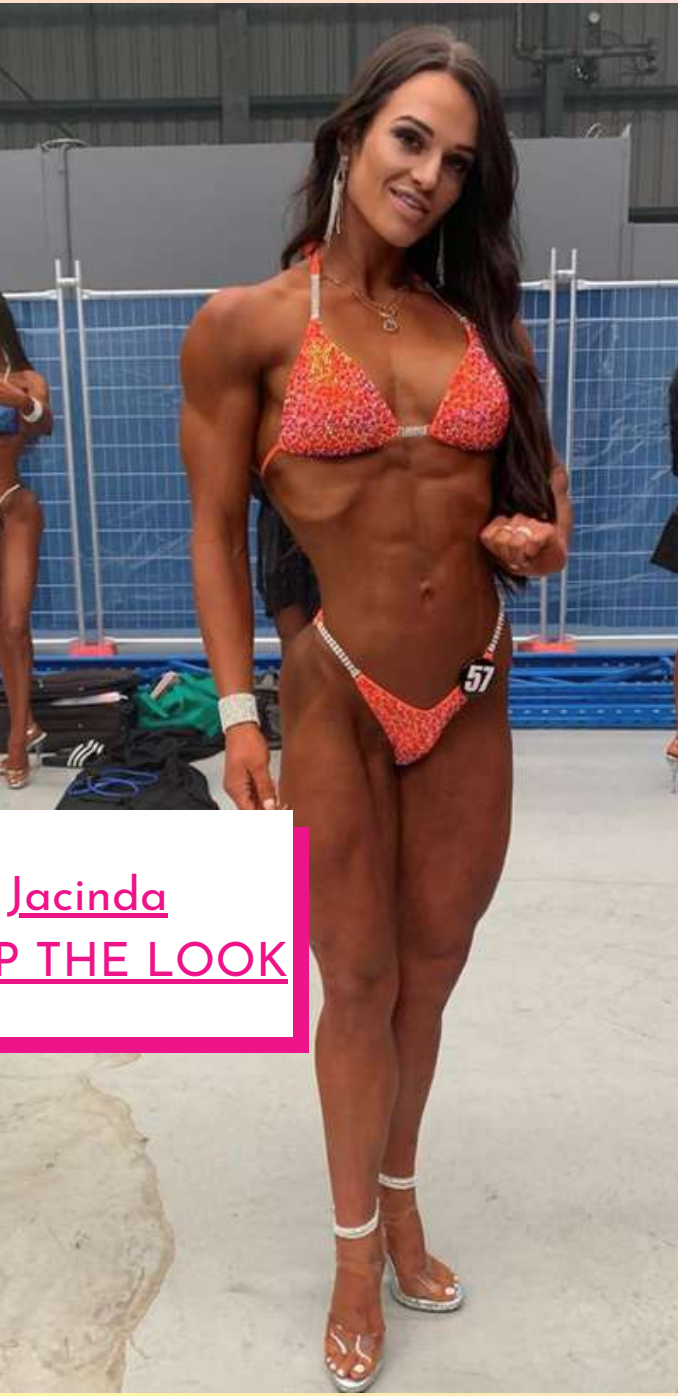
A team member will then contact you at 10 weeks out to discuss your design, colour and size via a zoom call!





# DONT WANT TO DESIGN YOUR OWN CUSTOM BIKINI? NO PROBLEM!

Recreate the looks of some of our previous competitors with our Shop the Look Gallery. Simply choose your cut and sizes and we'll handle the rest! Perfect for those who want a stress free bikini design process.



Jacinda  
SHOP THE LOOK



Kath  
SHOP THE LOOK



Jamie  
SHOP THE LOOK



*Your design  
is decided...*

**LET'S GET THE  
PERFECT SIZE**





# 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.

*For federations such as ICN*

### 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 1/3 coverage we recommend the 'Extra Cheeky' cut.

*Recommended for WBFF*

### CHEEKY

For federations that require 50% coverage the 'Cheeky' cut is your best option.





# 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!

*For IFBB competitors*

### 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.



IFBB Pro  
Emma Bowman





# Hip Measurement

## HIP & BRIEF SIZE

### HIP MEASUREMENT GUIDE

Your brief size is determined by your hip measurement. Your hip measurement is to be taken on your HIGH HIP which is on your underwear line--NOT around your glutes or widest part. Take a tape measure and measure the full circumference of your hips

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.

CURRENT HIP MEASUREMENT (CM) \*

CHARACTERS LEFT: 5

Measure the circumference of your hips inline with your hip bone

DO YOU WANT TO CONFIRM YOUR HIP MEASUREMENT AT 4 WEEKS OUT? \*

We dispatch your order once your hip measurement is confirmed. You will be sent a friendly reminder via email at 4 week out

☐ No

☐ Yes -\$25 service fee (+\$25 AUD)

BRIEF SIZE \*

Use your Hip Measurement from above to figure out your size

Size	Hip Measurement
4	70-75cm
6	75-80cm
8	80-85cm
10	85-90cm

This sizing chart applies to ALL of our bikini brief and figure suit styles.





# 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.



## 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 5/4 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.



# 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.



### SWEETHEART MOULDED

	#1	#2
A	15 cm	19cm
B	15 cm	19 cm
C	15.5 cm	20 cm
D	16 cm	21 cm
DD Slim Coverage	16.5 cm	22 cm
DD Full Coverage	17 cm	22 cm
E	18 cm	23 cm

### SWEETHEART MOULDED

Our most popular cup is the 'Sweetheart' Moulded top. These scooped bra tops have a layer of padding sewn in to help enhance and shape the bust. This style is a great all-rounder and suits competitors with natural or enhanced breasts. This top style has been popular with girls with smaller busts as it adds fullness and cleavage whilst adding curves to your look. The shape of the cup also hugs the chest, preventing gaping and provides plenty of support. For natural competitors who want to control excess skin from breastfeeding or a huge weight loss, the sweetheart cups are great as they can help stop any 'spillage'. The shape also helps to add an extra cleavage boost, especially when extra padding is added. For competitors with implants this style is great as it moulds to the implant perfectly and sits nicely under the bust to hide any scarring from surgery.



# Top Style



## SLIDER

	#1	#2
A	16.5cm	14cm
B	17.5cm	14.5cm
C	18cm	15.5cm
D	18.5cm	16cm
DD Slim Coverage	18cm	16.5cm
DD Full Coverage	19cm	16.5cm
E	20cm	17cm

## 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. For our smaller busted girls, this top is not the most flattering because it is not padded or moulded. Slider bikini tops come with a thin layer of padding to avoid 'high beams'.

Model wear DD Slim Coverage



## BOMBSHELL DIVA

	#1	#2
A	16cm	10.5cm
B	16.5cm	11.5cm
C	18cm	12.5cm
D	19cm	13.5cm
DD	21cm	14.5cm
E	22cm	15.5cm

## BOMBSHELL DIVA

Our 'Bombshell Diva' top has one continuous underwire which peaks in the centre. This style is suited to WBFF, IFBB 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. We do not recommend these cups if you are smaller than a natural B cup.



# Extras

## DOUBLE PADDING

Most of our competitors opt for extra padding during the order process and to give more lift; as prepping for a competition can reduce the fullness of your bust.

We will insert the padding for you with your bikini order. However if you want more, simply insert more padding into the hidden pocket, which is on the inside of the bra cup of your competition bikini. You can purchase extra padding via our website.



# Essentials

## COMPETITION BIKINI ESSENTIALS

This pack includes everything you could possibly need for backstage.

Included in this bundle:

Custom Ultimate Bikini Carry Case - Large enough to fit any style of bikini and essential for keeping your GlamFit Bikini clean and safe.

Bikini Bum Tape - double sided tape perfect for holding your bikini in place.

Port - a - Pee - Twinkle with confidence, not drips or splashes on your tan.

The name on case will be created using white glitter HTV unless stated otherwise in the additional notes section.

\*Discount code applies to all products site wide except custom invoices.



# Gallery



## GALAXY CASCADE

Fabric Colour - Fairy Floss

Crystals - Standard

Crystal Colours - AB, Lt Pink, Lt Rose AB

Brief Connector - Marquise Drop

Top Style - Sweetheart Moulded

Strap Connector - 2 row 4mm

Middle cup connector - Marquise Drop

## GLAMAZON GALAXY

Fabrics - Royal Purple Shimmer

Crystals - Standard

Crystal Colour - Lt Amethyst, Purple AB, Orchid

Top Style - Sweetheart Moulded

Brief Connector - Diva crystal

Strap Connector - Diva crystal

Middle Cup Connector - Diva crystal



## SUPERSTAR

Fabric Colour - Amazon Green

Crystals - Standard

Crystal Colours - Green Zircon, Blue Zircon AB

Brief Style - Euro

Brief Connector - 3row 4mm crystals

Top Style - Sweetheart Moulded

Strap Connector - 3row 4mm crystals

Middle Cup Connector - 3row 4mm crystals 2cm



# Show Day

## PACKING LIST

### ESSENTIALS

- GlamFit Bikini
- Bikini Carry Case – Large enough to fit any style of bikini and essential for keeping your Glamfit Bikini clean and safe.
- Backup Bikini
- Heels
- Custom Robe – Keep your tan looking flawless in our tie up satin robe.
- Bikini Bum Tape – double sided tape perfect for holding your bikini in place.
- Port-A-Pee – Twinkle with confidence, not drips or splashes on your tan.
- Jewellery
- Pump up band –Booty Band – Hard resistance, pumping up will be a breeze with our non slip design
- Entry Pass / Ticket
- Wallet – ID, Money
- Towels – to sit and lie down on
- Slippers or Slides – shoes that wont rub off your tan

### EXTRAS

- Hairbrush & Hairspray
- Curler or Straightener
- Makeup for touch ups
- Food/Meals
- Pump up drink
- Water bottle for post show

### JUST IN CASE!

- Back Up Heels
- Mirror – you might not have one back stage
- Clothes for post show
- Wet Wipes – to wash your hands
- Safety Pins or Mini Sewing Kit
- Phone Charger

### GLAMFIT MEMBERSHIP PACK

Includes everything you could possibly need for stage plus your own exclusive 10% off discount code for you to redeem  
10% OFF\* all products side wide

Custom Ultimate Bikini carry case

Custom Plain Black Robe

Slogan Crop Tee

Posing Socks

Booty Band

Bikini Bum Tape

Port – a – Pee

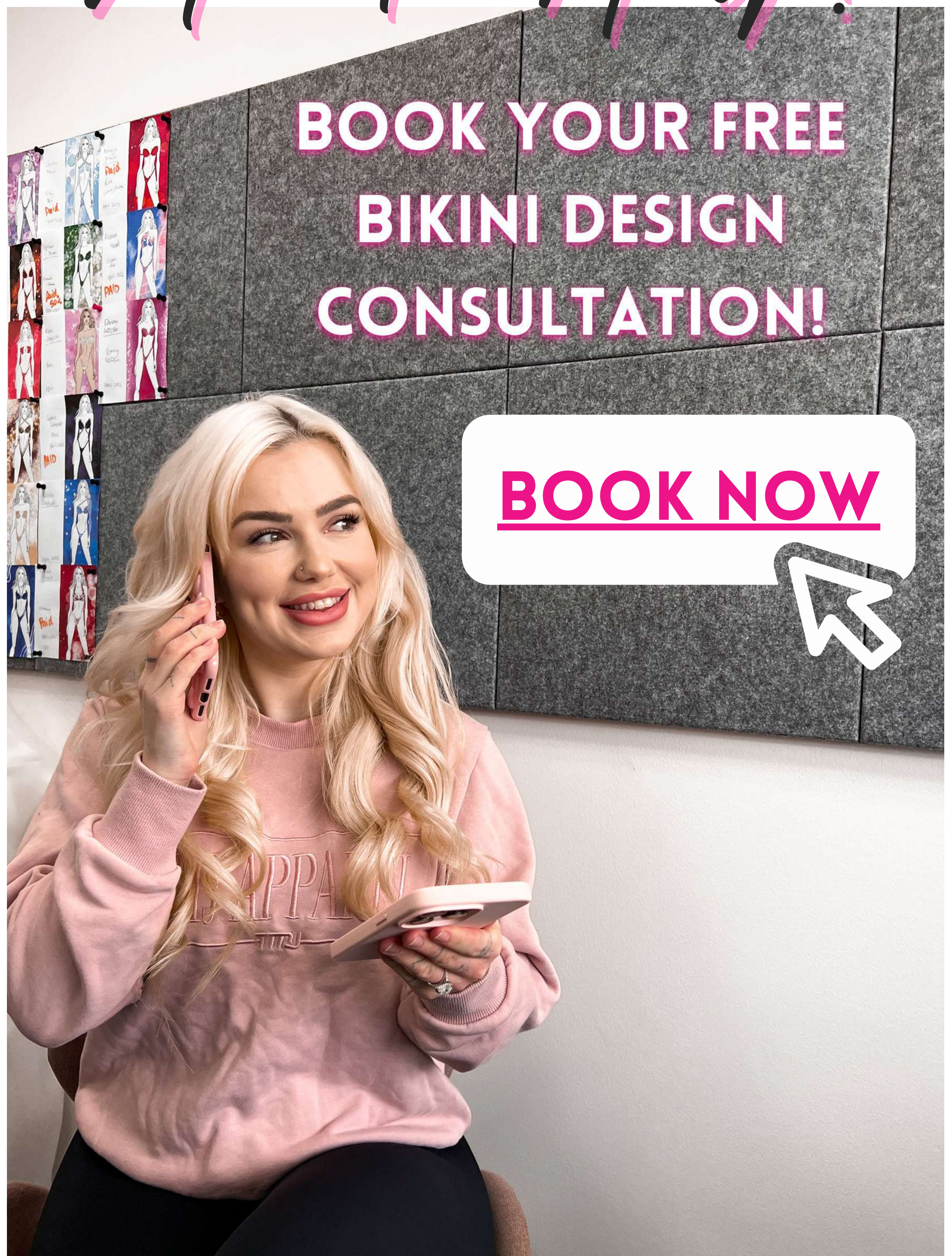




# Need Help?

**BOOK YOUR FREE  
BIKINI DESIGN  
CONSULTATION!**

**BOOK NOW**



**GLAM FIT**  
BIKINIS





IF YOU HAVE ANY QUESTIONS  
PLEASE DONT HESITATE TO ASK!

**SUPPORT@GLAMFITBIKINIS.COM**



DM US - @GLAMFITBIKINIS

