

- A Bust - Raise arms, wrap measuring tape around body aligned with center of chest.
- B Underbust - Raise arms, wrap measuring tape around body aligned with bottom edge of where a sport bra, bathing suit top or bra strap would be.
- C Waist - Breathe in and out to make sure your belly is relaxed. Raise arms, wrap measuring tape around body at the narrowest section of the torso usually close to the belly button line.
- D Hip - Stand relaxed with feet 4-6" apart. If you're wearing a leotard while taking these measurements, align the measuring tape around the body right where the side seam ends on the hip.
- E Low Hip - Stand relaxed with feet 4-6" apart. Wrap the measuring tape around the body around the widest part of the behind and close to the hip joint, approximately 3-4" lower than the Hip measurement.
- F Bicep - Slide measuring tape around upper arm, halfway between shoulder and elbow joint. Then have the child relax the arms at their side without pressing the arm into the body. The idea is to relax the muscle without displacing or flattening it.
- G Torso - start measuring tape at top of the shoulder. Wrap through the legs and back to the starting point to get an approximate torso measurement.

