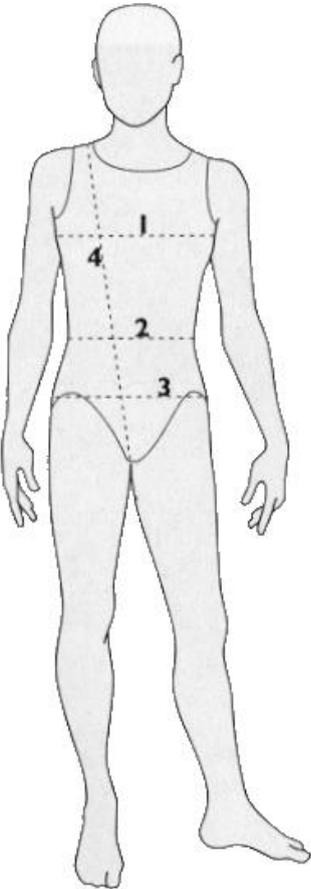
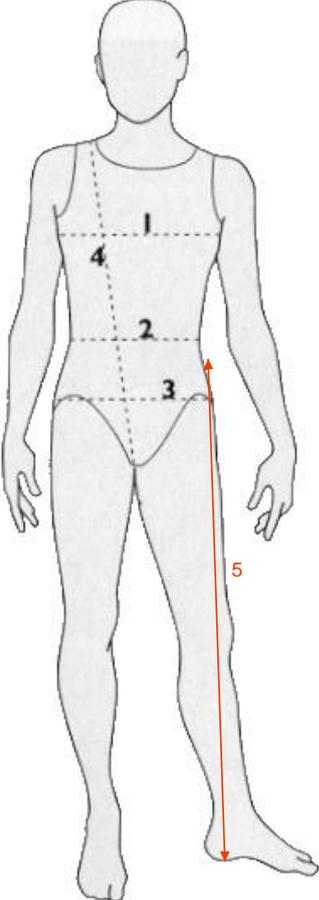
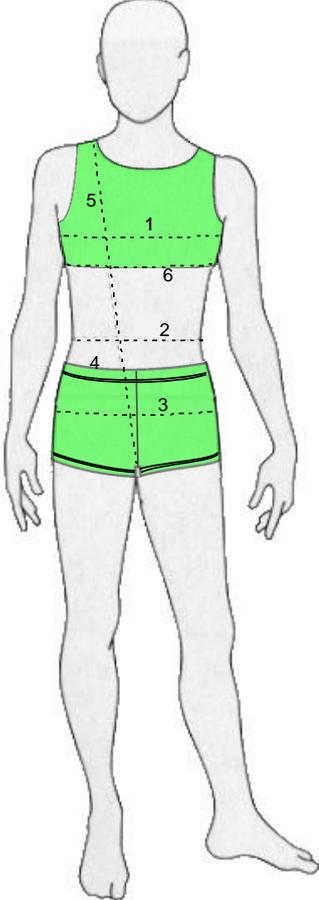


AMCO GYMNASTICS

Measuring Guide

		
<p align="center">LEOTARDS</p>	<p align="center">MENS LONGS & SHORTS</p>	<p align="center">WOMENS CROP TOPS & SHORTS</p>
<ol style="list-style-type: none"> 1. Bust Circumference 2. Waist Circumference 3. Hip Circumference <i>Measure around the largest part of the hip area</i> 4. Girth <i>Make sure the gymnast is standing up straight. Run the tape measure from the top centre of shoulder down the front of the body under the crotch and up the back to the starting point.</i> 	<ol style="list-style-type: none"> 2. Waist Circumference 3. Hip Circumference <i>Measure around the largest part of the hip area</i> 5. Length (Longs only) <i>Run the tape measure on the outer leg from the waist to the floor without shoe.</i> 	<p>Crop Tops</p> <ol style="list-style-type: none"> 1. Bust Circumference 6. Midriff Circumference <i>Measure under the bust where the crop top elastic will sit</i> <p>Shorts</p> <ol style="list-style-type: none"> 2. Waist Circumference 3. Low Hip Circumference <i>Measure around the largest part of the hip area</i> 4. High Hip <i>Measure where the elastic sits</i>