



## CUSTOM SIZE WALK THROUGH GUIDE

Alright ladies and gentlemen, we have done images, pictures, videos, pdfs, word docs, and we still get a lot of questions about the fitment guide, so here's a fun walk through to tell you, step by step, how to have your measurements taken for your new race suit! Please make sure you read the entire tutorial! There's some very important facts about our measurements and self checks in our fitment that help you rest assured you did this process correctly at the end!

First things first, you need **ANOTHER person!** Someone who can follow the form, doesn't mind getting up close and personal, and can use a measuring tape in CM... And write the measurements down.

Second thing you need is your tools for the job.

Painter's tape is easiest to use, a pen, a measuring tape in CM, these can be found in Wal-Mart near the sewing machines for about a dollar for the 152cm model, and this one is about 200cm, easier to use with longer measurements, but costs a little more... about 3 dollars.

You want to put on your under suit, and grab your armor that you want the suit to be tailored around.

Special note about your aftermarket armor.

As you may or may not know, Moto Gear comes with a full layout of Chest, Back, Shoulders, and Elbows to wrist, Hips, and Knee to shin armor. Typically people who have their own armor from another brand like Impact SafeT armor, etc., and want that to be their MAIN armor in their suit, use our design sheet to specify that we leave our back and/or chest armor out. Otherwise you will have to have your armor, PLUS our armor, for your suit to sit and fit right.

Another note about armor, ours is about 1/2 to 3/4 of an inch thick in places. What a lot of people like to opt for is if they have a slim fit armor, to NOT measure with it, only to their under suit, and when their suit arrives, they can make the call on site to pull and replace as they want or desire. Here are some examples of our arm and legs armor.

Alright! So you have your aftermarket armor or don't, you have your tape, your pen, your measurements sheet, and your other person.

Now go get changed into your under suit, and hand everything to the other person, and let's get down to business!

### A NOTE ABOUT DEVIATION:

With all of our suits, Jackets, etc., we recommend a **TWO FINGER** deviation, inside the tape on all "around" measurements. Our tailors plan for this in the construction of your gear, so please adhere to this rule, not using this standard deviation can result in a suit that is VERY snug and requires a LOT of break in.

Remember, Moto Gear Guarantees we make what you send us, not the fitment. It's on you, to help us get this exactly right for your body.



## STEP 1 OF YOUR MEASUREMENTS

Mark your waistline, for an accurate fitment, we have chosen a constant **5cm below the naval**.

Go ahead and stick your finger in your belly button, measure 5cm down, then unravel a few feet of tape, and you want to wrap that around your body **horizontally level with the floor, 360\* around your body**. Recheck your measurement once the tape is around from your belly button to be sure the tape is at 5cm, we typically mark the 5cm mark on the tape to accurately judge the placement for the measurements with a pen mark.

Also you want to mark the **MIDDLE** of your knee in the same fashion. Find the top and bottom of your knee cap, then wrap tape 360 around your knee, horizontally.

This is so when you do future measurements, you are always coming back to the same place.

Now that you have your tape on, **LEAVE IT!** We'll use it going forward in several of the measurements as a location to measure to and from.

At this point you are ready to begin. You have your tools for the job, you're in your under suit gear, you understand the deviation of measurements, you have your waistline and knee marked, and the rest of this gets pretty easy. takes us here at the shop about 15 minutes to run through, but since we've done quite a few, take your time, you want to get this right.

Contact us at this point if there's something you don't understand about the process. Now let's get into the measuring.

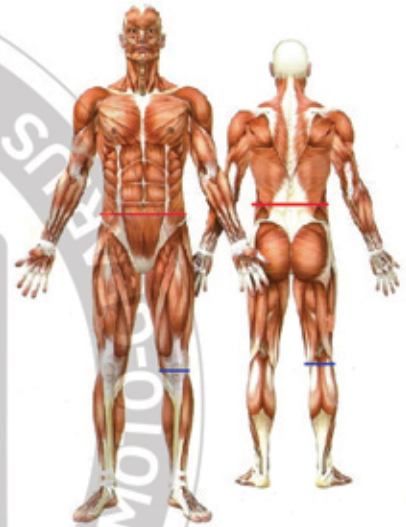
**1. NECK**, Simply measure around the neck with your two finger deviation at the base of the neck, as pictured



**2 CHEST AROUND.** Lift up your arms here, do a nice bear hug and get the tape under the arms, across your pecks, under your arms, put them back down, and measure with the standard two finger deviation. We recommend taking a breathe during this measurement, it typically opens it up another 2cm.



**3. WAIST AROUND.** Simply follow your tape around! Use your deviation, write down the measure.



**4. HIP AROUND.** Here you want to find the widest part of your hips, where your buttocks stick out the most in the back, wrap the tape around the front horizontally, and two finger deviation, take your measurement.



**5. THIGH CIRCUMFERENCE.** Take this measurement at the top of the thigh, as pictured, two finger deviation.



**6. KNEE CIRCUMFERENCE.** Take this measurement at the middle of the knee, as pictured, two finger deviation, most of the "around" measurements are pretty simple and straight forward.



**7. CALF.** Find the widest part of the calf muscle, measure around, standard 2 fingers inside the tape, as pictured.



**8. ANKLE CIRCUMFERENCE.** Take this measurement at the ankle, just above the ankle bone, as pictured, two finger deviation



**9. NECK TO KNEE, FRONT.** Here we place the measuring tape at the point where the neck meets the shoulder, and measure straight down to our marked location on the knee. Pictured. NO ADDITIONAL DEVIATION



**10. NECK TO SHOULDER.** Simply measure from where the neck meets the shoulder, to the edge of your shoulder, no deviation



### 11. SLEEVE JOINT CIRCUMFERENCE.

Lift your arm horizontally, wrap the tape around the shoulder/arm joint place your arm back down in a resting position, and take the measurement with a two finger deviation. The tape should be on the edge of the shoulder, down under the armpit, then back up to the shoulder, with the two finger deviation in play.



### 12. BICEP CIRCUMFERENCE.

Measure around a FLEXED bicep, two fingers inside the tape.



### 13. ELBOW CIRCUMFERENCE.

Measure around a bent elbow, two fingers inside the tape.



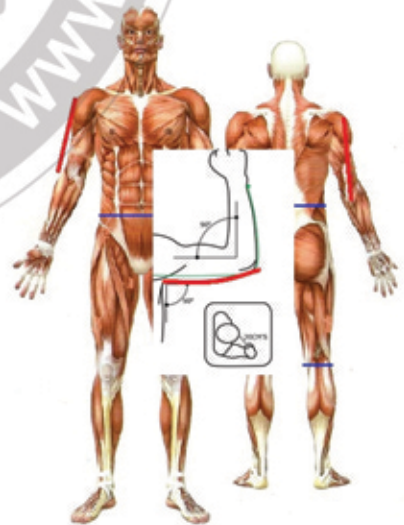
**14. FOREARM CIRCUMFERENCE.** Measure around a **FLEXED** forearm, two fingers inside the tape.



**15. WRIST CIRCUMFERENCE.** Measure around the wrist, just in front of the wrist bone, between the wrist bone and the back of your hand. 2 Finger deviation

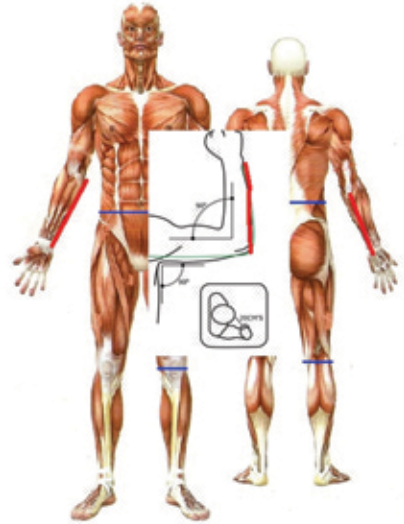


**16. SHOULDER TO ELBOW.** Measure from the edge of your shoulder, to the tip of your elbow, the best way to do this is with your arm in an "L" shape. No deviation.



### 17. ELBOW TO WRIST.

Keep your arm bent in an L shape, and measure from that point on your elbow to in front of the wrist bone, between the wrist bone and the back of your hand.. No deviation.



### 18. SHOULDER TO SHOULDER HIGH.

Just as it says, you want to go from Shoulder joint to shoulder joint, riding high across your back's contour, like pictured, with no deviation.



### 19. NECK TO WAIST FRONT.

Measure from where your neck meets your shoulder, straight down to your taped off waistline, you should not be going to the belly button, but straight down, like the image. No deviation.





### 20. NECK TO WAIST BACK.

Same thing, just measure from the same spot on the back of the neck, to the tape that you have wrapped around you, just like the image, no deviation.



### 21. WAIST TO KNEE.

Easiest way to do this measurement is on the side. Since you have tape wrapped around both your knee and your waist, you can just measure vertically down your side.



### 22. KNEE TO ANKLE.

Pretty Simple, measure from the tape you have on the knee, to just above the ankle bone.



### 23. CROTCH TO KNEE.

Measure from where your leg meets your torso, to your knee. **DO NOT INCLUDE ANY ANATOMY IN THIS MEASUREMENT.** This is to be from the **VERY** top of the inside of your leg, to the inside of your knee.



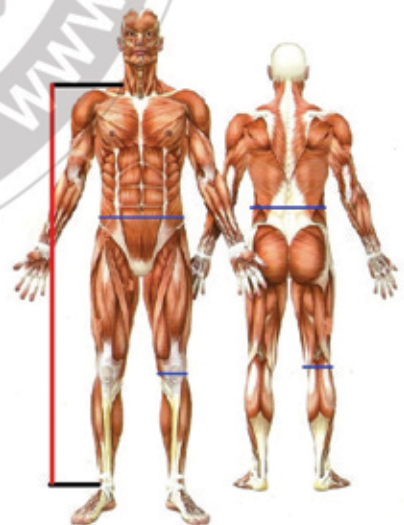
### 24. FRONT WAIST TO BACK WAIST.

This is another FUN measurement. From the front of your waist, where you have it taped, **UP AND BETWEEN YOUR LEGS**, you again do not want your anatomy to impact this measurement. The tape should be at the **VERY TOP** of your leg, where it meets your torso. Back up to the tape on your back's waistline. Another note, this measurement does not mean to make the tape give you a wedge, or treat it as a G String, the tape should go through the legs, up over your buttocks, to your waistline.



### 25. NECK TO ANKLE.

This measurement is a vertical from the same spot you have been using for your neck (where it meets the shoulder) then down your backside, all the way to your ankle bone. If you opted for the shorter tape here, you may have to walk the tape down and do a little math.



## 26. VERTICAL TORSO CIRCUMFERENCE.

On this measurement you want to start the tape at a place on the sternum, drop it down between your legs, snug it up between your legs to that same spot where your LEG MEETS YOUR TORSO (NO MALE ANATOMY IN THE MEASUREMENT), up and over your shoulder, then back to your sternum, and place the two finger deviation inside the tape for this measurement.



The last few measurements are for women only or jacket measurements.

**27. BUST.** Women, this is the largest area of where your breasts protrude in the gear that you will wear on the bike. Front to back, with the two finger deviation. This is for chest darting and armor for women only. This is DIFFERENT than the Chest measurement in the beginning. Women, your chest measurement is above your breasts, not across the front of them.

**28. UNDER BUST.** Just as it sounds, below your breasts, against your torso, as pictured on the sheet, two finger deviation.

**29. HOUR GLASS SEAM.** This measurement was added to help fit women's curves in specific. Use the measuring tape once again to measure 5cm ABOVE the naval, and from that spot, measure around your upper waist, using a two finger deviation.

ALSO NOTICE THERE IS A FILL IN THE BLANK ON THAT IMAGE FOR CUP SIZE, this helps us dart and protect for you in specific.

**30. JACKET/2 PIECE SUITS,** you get to choose the length of your jackets. Most people typically do this by putting jeans on and measuring from the FRONT of your neck to your lower "fashion" waist. I typically throw on a pair of blue jeans and measure from the front of my neck (between clavicles) to the middle of my belt.

**PHEW!** You're done!

Well... almost!

Now you can recheck your work very simply.

Take a look at the size form's graphic on the right hand side, there are measurements that self-check. Let's start with the first.

$$20+21+22 = 25$$

In plain English this means, 20 (neck to waist back), 21 (waist to knee, you take this from the tape on the side of your waist to the side of your knee), and 22 (knee to ankle) should all add up, to be the same (within a couple of cm) as number 25 (neck to ankle). If you marked your spots, and returned continue sly to the same places on your knee and waist, they should line up great. If you're off by greater than 3 or 4 cm, you will want to recheck those measurements.

$$19+24+20 = 26$$

Again, in plain English, this means. From, 19 (neck to waist front aka where your neck meets your shoulder to your taped waistline straight down, in the front of your body), plus 24, (front waist to back waist, going from your waistline in front, up under your legs and through (against your torso, where your leg meets your body NO ANATOMY in this measurement, to your back waist, plus 20 (neck to waist back, aka from the point on your neck that meets your shoulder, down to the taped waistline on your back), should all add up to equal your full torso measurement, number 26. and again. If you're within a couple cm, we're great!

$$19+21 = 9$$

What this means is that 19, neck to front waist FRONT (side of neck where the neck meets the shoulder) plus 21 (from waist to knee) should equal the check measurement of number 9, which is from the neck to the knee

The rest of the circumferential measurements are pretty easy, but these "self" checks assure that you measured clearly and consistently.

Don't hesitate to contact us [info@moto-gear.us](mailto:info@moto-gear.us) directly with ANY and ALL questions

We can't wait to make you your favorite suit!

