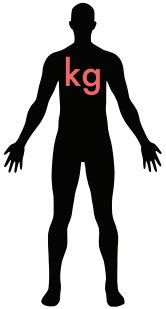




SUMO 4

MEASUREMENT GUIDE

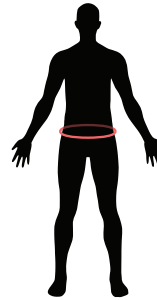
Print this guide to help you while measuring for your tracking suit.
Wear the clothes you are likely to jump in.



Weight

_____ kg

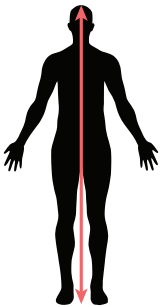
Get on a scale naked.



Waist

_____ cm

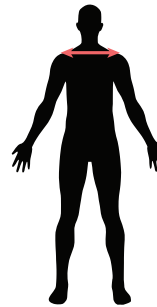
At the belly button. Relaxed posture.



Height (NO shoes)

_____ cm

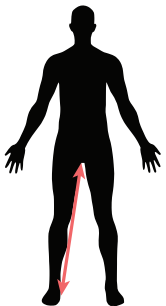
With SHOES OFF, from the top of your head to the bottom of your heel, standing against a wall with feet together.



Shoulders

_____ cm

Measure across where the seams of a perfectly-fitted T-shirt would be, and mark that location on one of the shoulders.



Inseam (NO shoes)

_____ cm

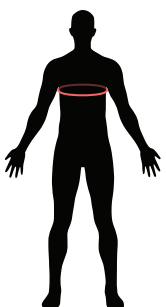
Measure from your Squirrel nuts (if you have them) to the floor along the INSIDE of your leg, with your SHOES OFF.



Arm

_____ cm

From that shoulder mark, measure down to the wristbone.



Chest

_____ cm

The circumference should be taken with the tape at the nipples. Deep breath in, exhale half way, measure.