



HOW TO MEASURE

WOMEN'S SIZING INSTRUCTIONS

At GK, years of pattern development have taught us that the most accurate way to ensure proper fit is to rely on body measurements. An individual's perception of fit may vary greatly; however, the GK Fit is scientifically engineered to move with the athlete for optimal performance. Measuring athletes takes the guess work out of selecting their size. It is quick, easy, reliable, and helps to achieve a similar fit for all team members.

The fit and feel of a garment will vary significantly based on the fabric type and embellishments used on the garment. To continue to provide the "GK Fit" we use our size charts when ordering garments.

The following size charts have been thoroughly evaluated to ensure that taking accurate athlete measurements will result in the correct size being ordered. To select the correct size, reference the appropriate GK size chart for the style being ordered to determine which size best corresponds to the athlete's measurements. When an athlete's measurement contains a partial inch, always round up to the next full inch. If an athlete's measurements fall across two sizes, order the larger size. For more clarification, contact your sales rep or our customer service department. Remember, special order items are not returnable.

TAKING THE MEASUREMENTS

The goal of measuring is to determine the correct size to order for each athlete. Accurate measurements are vital to the proper fit of your athlete's apparel. Please make sure that all athletes are wearing fitted workout apparel during the measuring session.

- 1. CHEST MEASUREMENT:** Measure the chest of the athlete while their arms are down at their sides and at the fullest part of the chest. Your measuring tape should always be parallel to the floor while taking the measurement.
- 2. WAIST MEASUREMENT:** When measuring the waist, wrap the tape at the natural waistline which is the narrowest part of the waist. If you are having trouble locating the natural waist, have the athlete bend to the side. The natural waist is where the body bends. Again, the measuring tape should always be parallel to the floor while taking the measurement.
- 3. HIP MEASUREMENT:** Take the hip measurement at the fullest part of the buttocks with the athlete's feet together. Ensure that the tape measure is parallel to the floor.
- 4. TORSO MEASUREMENT:** Take the torso measurement from the center of the shoulder, down the torso, through legs, and back to the shoulder. This is the most important measurement.
- 5. INSEAM MEASUREMENT:** The length of the leg from the crotch to one inch above the floor. Measure the athlete without shoes.

For further instruction, and visuals on correct measuring techniques, watch our "GK At Home Fit Kit Measuring Guide" video on the GK YouTube page.

