

PRIVATE AND CONFIDENTIAL FGA/200 MEASUREMENT CHART

Customer: _____

Date: _____

Important it is essential that the measurements you record are as accurate as possible. A high degree of care and attention must be given to this task. Take plenty of time, repeating the measurement procedure until you are confident you are recording consistent and accurate values.

These ranges of belt sets are of a riveted construction and are not adjustable. Whilst small errors are not difficult to correct, major ones will invariably incur higher cost. An ordinary fabric or plastic tape measure of the type used for dressmaking is best for taking the measurements. You should aim at a tight rather than a loose fit, as experience shows a tight fit is far more comfortable than a loose one, which may also degrade effectiveness.

The subject should stand erect with their feet about 600mm apart and hands placed on back of their head while all the measurements are taken. **These Belt sets are designed to fit into waist and cannot be worn on the hips like some fashionable jeans, trousers and skirts. The main reference point for all measurements is the bottom edge of the waistband**, so it is of crucial importance that it is measured to fit the waist. For the person with a fuller or waistless figure, the Belt set will only be secure if the waistband is smaller than the circumference of the hips. Measurement **M** should be used to determine this, and the degree of discomfort that results. **All measurements must be taken next to the skin.**

| | Description | cm |
|---|--|-----|
| A | Waist normal | A = |
| B | Waist controlled (take a deep breath and pull in to make it as small as possible) | B = |
| C | Front waist down between the legs to the start of the labia lips | C = |
| D | Front waist down between the legs to the end of the labia lips | D = |
| I | Waist front between legs to anus | I = |
| J | Waist front between legs and buttocks to rear waist | J = |
| L | Waist rear between buttocks to anus | L = |
| M | Waist measurement using 25mm wide belt. | M = |
| N | Hips circumference | N = |
| P | Body height. | P = |

- C.** Fasten a 25mm wide belt around the waist, and from the **bottom edge** of the belt at front centre, measure down to the start of the labia lips.
- D.** From the **bottom edge** of the belt at front centre, measure down to the end of the labia lips.
- I.** From the same point, measure down between the legs to the anus, keeping as straight as possible.
This is a very important measurement for the sake of accuracy it is worth repeating several times. The subject must maintain an upright position during this procedure.
- J.** With the belt still in place, measure from the **bottom edge** front centre to the **bottom edge** rear centre. Make sure the tape fits snugly up between the buttocks.
- L.** From the **bottom edge** of the belt rear centre waist measure down between the buttocks to the anus.
- M.** Adjust the belt to the smallest circumference at which you feel you could wear it and mark the position. Do not be tempted to settle for a nice comfortable fit, aim at a tight rather than a loose fit. Remove the belt, lay it out flat and measure from the end to the reference mark to determine the length. **The waistband will be made to this measurement.** **A** and **B** are used to provide a comparative check.

