



Using the provided “How to Measure” cards and the “GK At Home Fit Kit Measuring Guide” on the GK YouTube page, record your athlete’s measurements on the reverse side of this card. Then, return the “How to Measure”, measuring tape, and this card to your gym.



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Athlete's Name: \_\_\_\_\_  
 Chest (*in inches*): \_\_\_\_\_  
 Waist (*in inches*): \_\_\_\_\_  
 Hip (*in inches*): \_\_\_\_\_  
 Torso (*in inches*): \_\_\_\_\_  
 Inseam (*in inches-men's & warm-ups*): \_\_\_\_\_



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