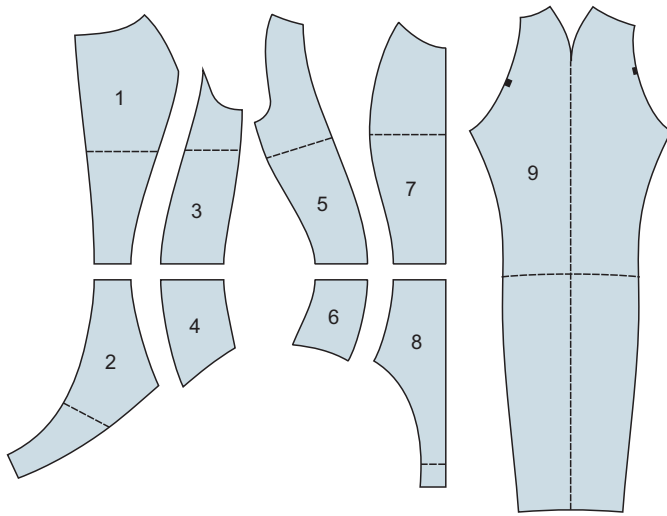
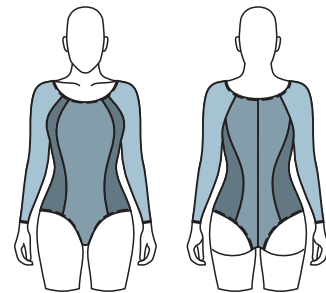


How To Use This File

This page is A4 size ... print this page first. This file contains the following pattern pieces



1. Upper Centre Back Panel
2. Lower Centre Back Panel (6 Tilt Options)
3. Upper Side Back Panel
4. Lower Side Back Panel
5. Upper Side Front Panel (7 Cups)
6. Lower Side Front Panel
7. Upper Centre Front Panel (7 Cups)
8. Lower Centre Front Panel (6 Tilt Options)
9. Raglan Sleeve Panel (all Cups)



Step One: Select your upper centre back and upper side back panels by under bust measurement (page 2 of this file). Print the two panels.

Step Two: Select your lower centre front and lower centre back panels by fullest hip measurement and pelvic tilt. There is one page for each pelvic tilt so chose the right page (pages 3 to 8 of this file). Print the two panels.

Step Three: Select your lower side back and lower side front panels by fullest hips measurement (page 9 of this file). Print the two panels.

Step Four: Select your upper centre front and upper side front panels by under bust measurement and your cup size. There is one page for each cup size so choose the right page (pages 10 to 16 of this file). Print the two panels.

Step Five: Select your sleeve panel by under bust measurement (page 17 of this file). Print the panel.

Step Six: Tape the panels together as follows, adjusting for nape to waist and waist to hips if needed

- Upper centre back to lower centre back, lining up centrally between the seams and blending if necessary.
- Upper side back to lower side back, lining up centrally between the seams and blending if necessary.
- Upper side front to lower side front, lining up centrally between the seams and blending if necessary.
- Upper centre front to lower centre front, lining up along the centre front fold. Blend between sizes if necessary.

Layout all your pattern pieces over your fabric and lining as directed on the pattern labels, making sure the direction of greatest stretch is from selvedge to selvedge.

Step Seven: Serge the centre back panel to the side back panel at the back princess line, fabric right sides together, being careful to line up the notches. repeat for lining. Serge the two back sections together at the centre back seam, repeat for lining. Serge the centre front panel to the side front panel at the front princess line, fabric right sides together. Repeat for lining, being careful to line up the notches.

Serge the front body section (centre front and side front) to the back body section (centre back and side back), lining up the notches. Repeat for lining. Serge the crotch seam on both fabric and lining assemblies. Turn right side out and baste the fabric to the lining with a zig zag, inside the seam allowance.

Serge the curved shoulder dart and the under arm seam on both sleeves. I recommend not lining the sleeves, so serge the sleeve panel to both fabric and lining simultaneously, fabric right sides together along the sleeve to body seam, lining up the notches carefully.

Apply 10mm soft elastic to the inside of all openings except the wrist (which is simply folded over at 20mm and top stitched). Fold over and top stitch the elastic with a zig zag or cover stitch.

This page contains the **Upper Centre Back** and **Upper Side Back** patterns. There are no Cup Size or Pelvic Tilt options for this page, so it's an easy selection in the layers window of your PDF reader.



10mm seam allowances are shaded in grey. The direction of greatest stretch on the pattern must align with selvedge to selvedge. After printing check the scale rulers to see if your pattern has printed at the right size.

These two pattern pieces will be taped to the lower centre back and lower side back panels (following pages) respectively.

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10cm Centimeter Printer Test Scale

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Underbust	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94	96	98	100
Bust (B Cup)	78	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	112
Bust (C Cup)	80.5	82.5	84.5	86.5	88.5	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5
Bust (D Cup)	83	85	87	89	91	93	95	97	99	101	103	105	107	109	111	113	115	117
Bust (E Cup)	85.5	87.5	89.5	91.5	93.5	95.5	97.5	99.5	101.5	103.5	105.5	107.5	109.5	111.5	113.5	115.5	117.5	119.5
Bust (F Cup)	88	90	92	94	96	98	100	102	104	106	108	110	112	114	116	118	120	122
Bust (G Cup)	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5	116.5	118.5	120.5	122.5	124.5
Waist	60	62	64	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94
Hips	85	87	89	91	93	95	97	99	101	103.2	105.5	107.8	110	112.3	114.5	116.8	119	121.3
Nape-Waist	37.4	37.6	37.8	38	38.2	38.5	38.7	38.9	39.1	39.3	39.5	39.7	39.9	40.1	40.3	40.5	40.8	41
Waist-Hips	24	24.3	24.6	24.9	25.2	25.4	25.7	26	26.3	26.6	26.9	27.2	27.5	27.8	28.1	28.4	28.6	28.9

Measurements are in Centimetres

Upper Centre Back Panel
Cut 2 of Fabric & Lining
(Mirrored)

12% Horizontal Negative Ease
Seam Allowance Shaded
28 July 2025
Stuart Anderson
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Joins to Lower Centre Back Panel Panel

Upper Side Back Panel
Cut 2 of Fabric & Lining
(Mirrored)

12% Horizontal Negative Ease
Seam Allowance Shaded
28 July 2025
Stuart Anderson
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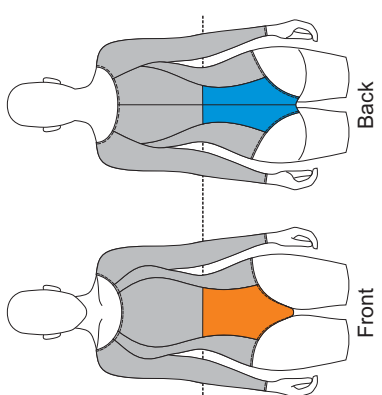
Joins to Lower Side Back Panel Panel

Measurements are in Centimetres

Underbust	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94	96	98	100
Bust (B Cup)	78	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	112
Bust (C Cup)	80.5	82.5	84.5	86.5	88.5	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5
Bust (D Cup)	83	85	87	89	91	93	95	97	99	101	103	105	107	109	111	113	115	117
Bust (E Cup)	85.5	87.5	89.5	91.5	93.5	95.5	97.5	99.5	101.5	103.5	105.5	107.5	109.5	111.5	113.5	115.5	117.5	119.5
Bust (F Cup)	88	90	92	94	96	98	100	102	104	106	108	110	112	114	116	118	120	122
Bust (G Cup)	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5	116.5	118.5	120.5	122.5	124.5
Waist	60	62	64	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94
Hips	85	87	89	91	93	95	97	99	101	103.2	105.5	107.8	110	112.3	114.5	116.8	119	121.3
Nape-Waist	37.4	37.6	37.8	38	38.2	38.5	38.7	38.9	39.1	39.3	39.5	39.7	39.9	40.1	40.3	40.5	40.8	41
Waist-Hips	24	24.3	24.6	24.9	25.2	25.4	25.7	26	26.3	26.6	26.9	27.2	27.5	27.8	28.1	28.4	28.6	28.9

Abby Bodysuit

This page contains the **Lower Centre Back** and **Lower Centre Front** patterns. This page is for **15 Degrees of Anterior Tilt only** ... only use this page if it matches your pelvic tilt angle. The other angles are on subsequent pages.



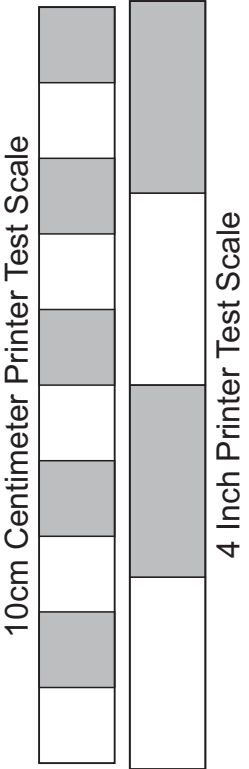
Pattern Notes

10mm seam allowances are shaded in grey. The direction of greatest stretch on the pattern must align with selvedge to selvedge. After printing check the scale rulers to see if your pattern has printed at the right size.

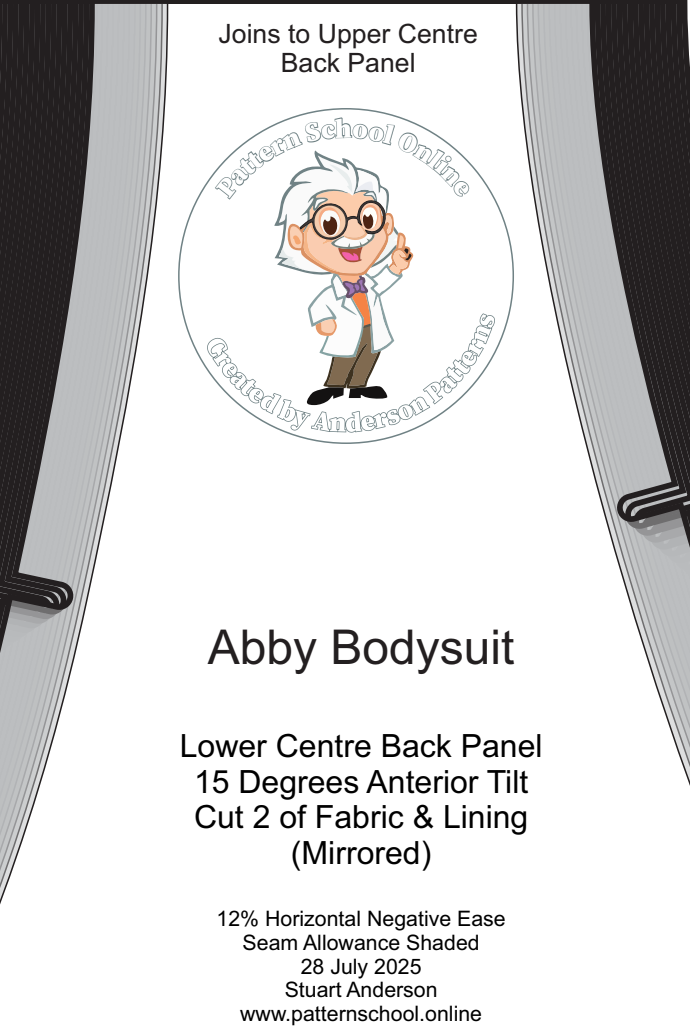
In Step Two we select and print the lower centre front and lower centre back panels. You select your size by your fullest hips measurement (685cm to 121.3cm). Turn off all the layers except the one that matches your fullest hips measurement and you'll have only the two panels showing that you need. Then poster print this page at 100% scale in your PDF reader.

These two pattern pieces will be taped to the upper centre front and upper centre back panels.

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Joins to Upper Centre Back Panel

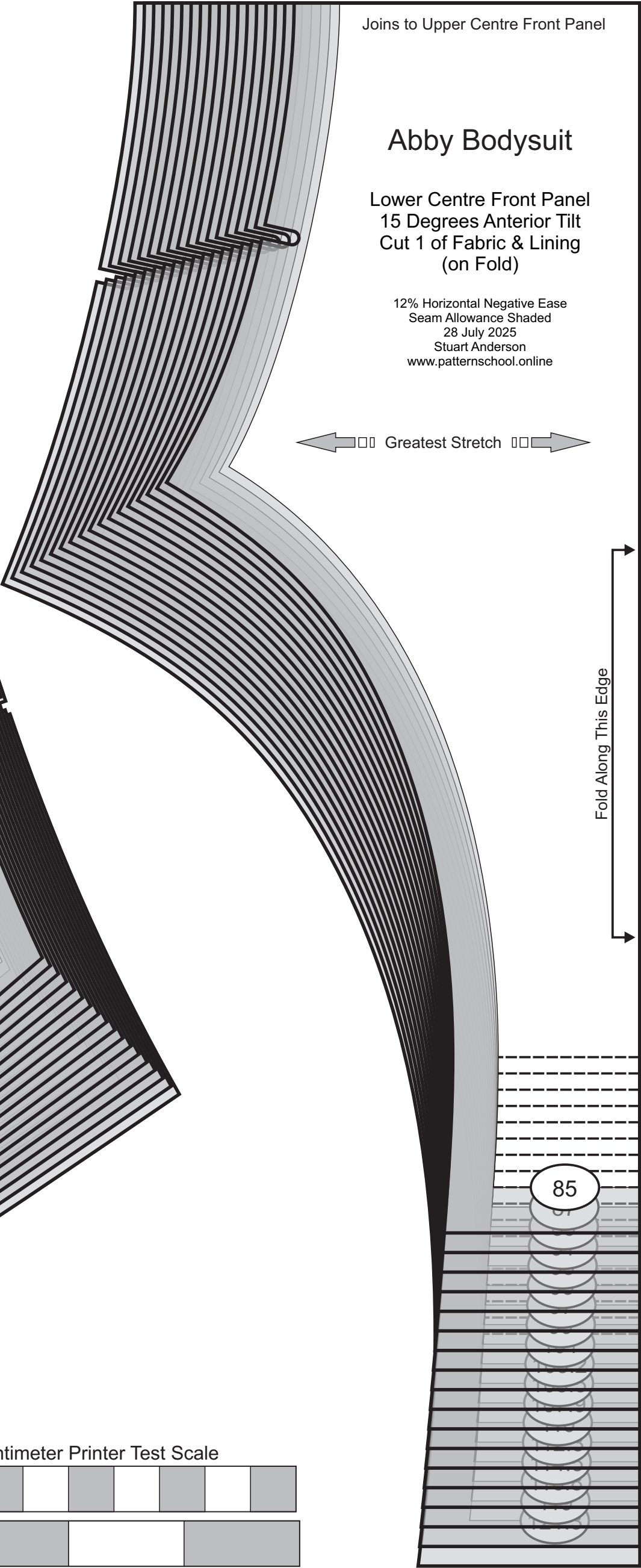


Abby Bodysuit

Lower Centre Back Panel
15 Degrees Anterior Tilt
Cut 2 of Fabric & Lining
(Mirrored)

12% Horizontal Negative Ease
Seam Allowance Shaded
28 July 2025
Stuart Anderson
www.patternschool.online

Joins to Upper Centre Front Panel



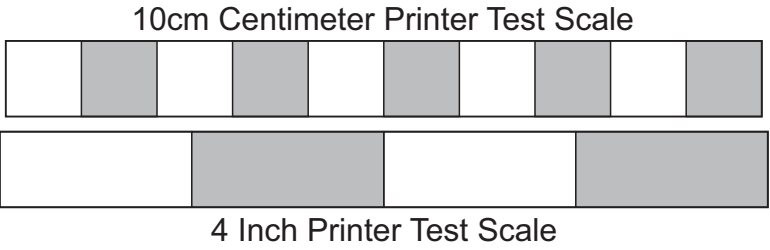
Abby Bodysuit

Lower Centre Front Panel
15 Degrees Anterior Tilt
Cut 1 of Fabric & Lining
(on Fold)

12% Horizontal Negative Ease
Seam Allowance Shaded
28 July 2025
Stuart Anderson
www.patternschool.online

Greatest Stretch

Fold Along This Edge



Measurements are in Centimetres

Underbust	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94	96	98	100
Bust (B Cup)	78	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	112
Bust (C Cup)	80.5	82.5	84.5	86.5	88.5	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5
Bust (D Cup)	83	85	87	89	91	93	95	97	99	101	103	105	107	109	111	113	115	117
Bust (E Cup)	85.5	87.5	89.5	91.5	93.5	95.5	97.5	99.5	101.5	103.5	105.5	107.5	109.5	111.5	113.5	115.5	117.5	119.5
Bust (F Cup)	88	90	92	94	96	98	100	102	104	106	108	110	112	114	116	118	120	122
Bust (G Cup)	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5	116.5	118.5	120.5	122.5	124.5
Waist	60	62	64	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94
Hips	85	87	89	91	93	95	97	99	101	103.2	105.5	107.8	110	112.3	114.5	116.8	119	121.3
Nape-Waist	37.4	37.6	37.8	38	38.2	38.5	38.7	38.9	39.1	39.3	39.5	39.7	39.9	40.1	40.3	40.5	40.8	41
Waist-Hips	24	24.3	24.6	24.9	25.2	25.4	25.7	26	26.3	26.6	26.9	27.2	27.5	27.8	28.1	28.4	28.6	28.9

Abby Bodysuit

This page contains the **Lower Centre Back** and **Lower Centre Front** patterns. This page is for **10 Degrees of Anterior Tilt only** ... only use this page if it matches your pelvic tilt angle. The other angles are on subsequent pages.

Front

Back

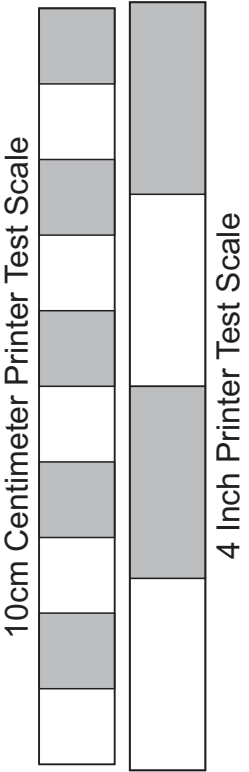
Pattern Notes

10mm seam allowances are shaded in grey. The direction of greatest stretch on the pattern must align with selvedge to selvedge. After printing check the scale rulers to see if your pattern has printed at the right size.

In Step Two we select and print the lower centre front and lower centre back panels. You select your size by your fullest hips measurement (685cm to 121.3cm). Turn off all the layers except the one that matches your fullest hips measurement and you'll have only the two panels showing that you need. Then poster print this page at 100% scale in your PDF reader.

These two pattern pieces will be taped to the upper centre front and upper centre back panels.

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Joins to Upper Centre Back Panel

Pattern School Online

Created by Anderson Patterns

Abby Bodysuit

Lower Centre Back Panel
10 Degrees Anterior Tilt
Cut 2 of Fabric & Lining
(Mirrored)

12% Horizontal Negative Ease
Seam Allowance Shaded
28 July 2025
Stuart Anderson
www.patternschool.online

← Greatest Stretch →

85

10cm Centimeter Printer Test Scale

4 Inch Printer Test Scale

Joins to Upper Centre Front Panel

Abby Bodysuit

Lower Centre Front Panel
10 Degrees Anterior Tilt
Cut 1 of Fabric & Lining
(on Fold)

12% Horizontal Negative Ease
Seam Allowance Shaded
28 July 2025
Stuart Anderson
www.patternschool.online

← Greatest Stretch →

85

10cm Centimeter Printer Test Scale

4 Inch Printer Test Scale

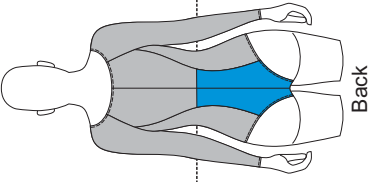
Fold Along This Edge

Measurements are in Centimetres

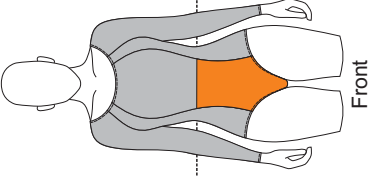
Underbust	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94	96	98	100
Bust (B Cup)	78	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	112
Bust (C Cup)	80.5	82.5	84.5	86.5	88.5	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5
Bust (D Cup)	83	85	87	89	91	93	95	97	99	101	103	105	107	109	111	113	115	117
Bust (E Cup)	85.5	87.5	89.5	91.5	93.5	95.5	97.5	99.5	101.5	103.5	105.5	107.5	109.5	111.5	113.5	115.5	117.5	119.5
Bust (F Cup)	88	90	92	94	96	98	100	102	104	106	108	110	112	114	116	118	120	122
Bust (G Cup)	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5	116.5	118.5	120.5	122.5	124.5
Waist	60	62	64	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94
Hips	85	87	89	91	93	95	97	99	101	103.2	105.5	107.8	110	112.3	114.5	116.8	119	121.3
Nape-Waist	37.4	37.6	37.8	38	38.2	38.5	38.7	38.9	39.1	39.3	39.5	39.7	39.9	40.1	40.3	40.5	40.8	41
Waist-Hips	24	24.3	24.6	24.9	25.2	25.4	25.7	26	26.3	26.6	26.9	27.2	27.5	27.8	28.1	28.4	28.6	28.9

Abby Bodysuit

This page contains the **Lower Centre Back** and **Lower Centre Front** patterns. This page is for **5 Degrees of Anterior Tilt only** ... only use this page if it matches your pelvic tilt angle. The other angles are on subsequent pages.



Back



Front

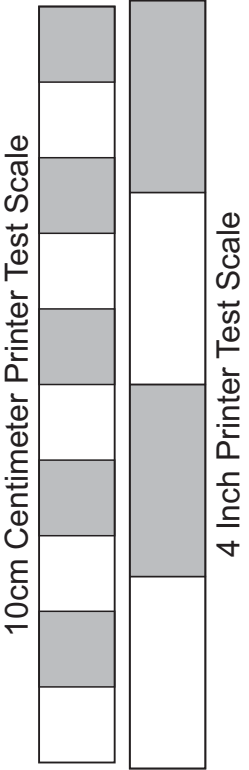
Pattern Notes

10mm seam allowances are shaded in grey. The direction of greatest stretch on the pattern must align with selvedge to selvedge. After printing check the scale rulers to see if your pattern has printed at the right size.

In Step Two we select and print the lower centre front and lower centre back panels. You select your size by your fullest hips measurement (685cm to 121.3cm). Turn off all the layers except the one that matches your fullest hips measurement and you'll have only the two panels showing that you need. Then poster print this page at 100% scale in your PDF reader.

These two pattern pieces will be taped to the upper centre front and upper centre back panels.

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Joins to Upper Centre Back Panel



Abby Bodysuit

Lower Centre Back Panel
5 Degrees Anterior Tilt
Cut 2 of Fabric & Lining
(Mirrored)

12% Horizontal Negative Ease
Seam Allowance Shaded
28 July 2025
Stuart Anderson
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← Greatest Stretch →

Joins to Upper Centre Front Panel

Abby Bodysuit

Lower Centre Front Panel
5 Degrees Anterior Tilt
Cut 1 of Fabric & Lining
(on Fold)

12% Horizontal Negative Ease
Seam Allowance Shaded
28 July 2025
Stuart Anderson
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← Greatest Stretch →

Fold Along This Edge



10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale

85



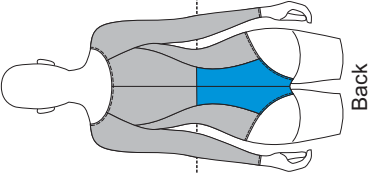
85

Measurements are in Centimetres

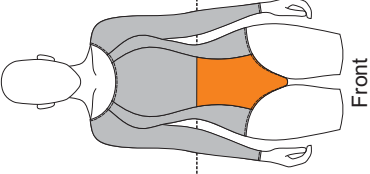
Underbust	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94	96	98	100
Bust (B Cup)	78	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	112
Bust (C Cup)	80.5	82.5	84.5	86.5	88.5	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5
Bust (D Cup)	83	85	87	89	91	93	95	97	99	101	103	105	107	109	111	113	115	117
Bust (E Cup)	85.5	87.5	89.5	91.5	93.5	95.5	97.5	99.5	101.5	103.5	105.5	107.5	109.5	111.5	113.5	115.5	117.5	119.5
Bust (F Cup)	88	90	92	94	96	98	100	102	104	106	108	110	112	114	116	118	120	122
Bust (G Cup)	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5	116.5	118.5	120.5	122.5	124.5
Waist	60	62	64	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94
Hips	85	87	89	91	93	95	97	99	101	103.2	105.5	107.8	110	112.3	114.5	116.8	119	121.3
Nape-Waist	37.4	37.6	37.8	38	38.2	38.5	38.7	38.9	39.1	39.3	39.5	39.7	39.9	40.1	40.3	40.5	40.8	41
Waist-Hips	24	24.3	24.6	24.9	25.2	25.4	25.7	26	26.3	26.6	26.9	27.2	27.5	27.8	28.1	28.4	28.6	28.9

Abby Bodysuit

This page contains the **Lower Centre Back** and **Lower Centre Front** patterns. This page is for **Neutral Pelvic Tilt only** ... only use this page if it matches your pelvic tilt angle. The other angles are on subsequent pages.



Back



Front

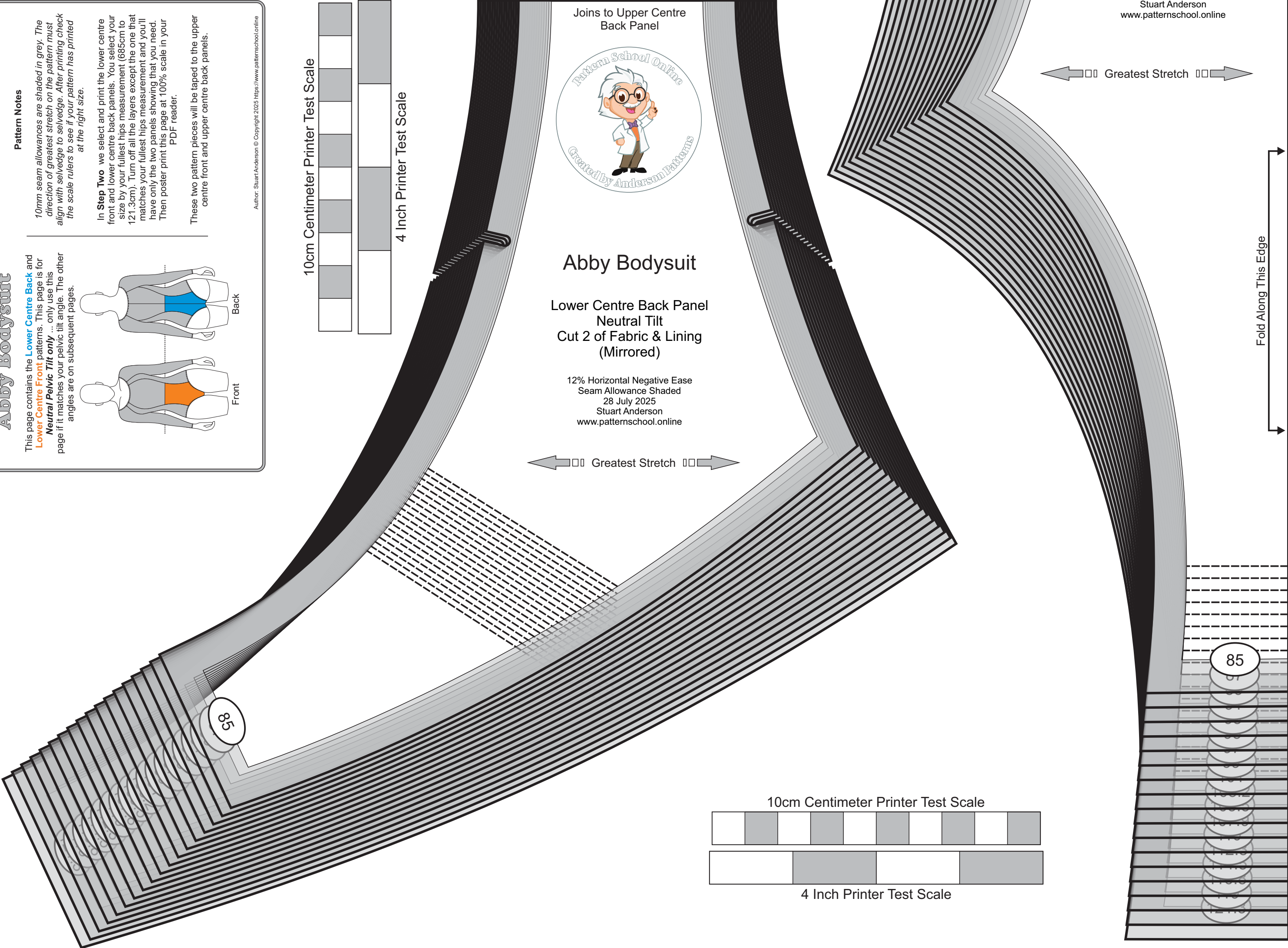
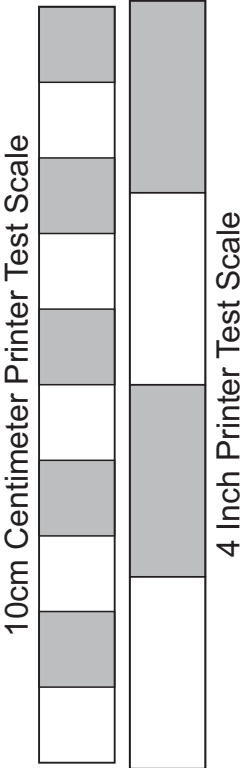
Pattern Notes

10mm seam allowances are shaded in grey. The direction of greatest stretch on the pattern must align with selvedge to selvedge. After printing check the scale rulers to see if your pattern has printed at the right size.

In Step Two we select and print the lower centre front and lower centre back panels. You select your size by your fullest hips measurement (655cm to 121.3cm). Turn off all the layers except the one that matches your fullest hips measurement and you'll have only the two panels showing that you need. Then poster print this page at 100% scale in your PDF reader.

These two pattern pieces will be taped to the upper centre front and upper centre back panels.

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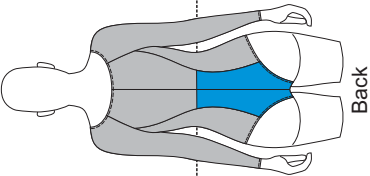


Measurements are in Centimetres

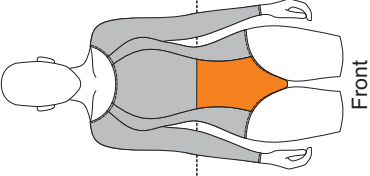
Underbust	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94	96	98	100
Bust (B Cup)	78	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	112
Bust (C Cup)	80.5	82.5	84.5	86.5	88.5	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5
Bust (D Cup)	83	85	87	89	91	93	95	97	99	101	103	105	107	109	111	113	115	117
Bust (E Cup)	85.5	87.5	89.5	91.5	93.5	95.5	97.5	99.5	101.5	103.5	105.5	107.5	109.5	111.5	113.5	115.5	117.5	119.5
Bust (F Cup)	88	90	92	94	96	98	100	102	104	106	108	110	112	114	116	118	120	122
Bust (G Cup)	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5	116.5	118.5	120.5	122.5	124.5
Waist	60	62	64	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94
Hips	85	87	89	91	93	95	97	99	101	103.2	105.5	107.8	110	112.3	114.5	116.8	119	121.3
Nape-Waist	37.4	37.6	37.8	38	38.2	38.5	38.7	38.9	39.1	39.3	39.5	39.7	39.9	40.1	40.3	40.5	40.8	41
Waist-Hips	24	24.3	24.6	24.9	25.2	25.4	25.7	26	26.3	26.6	26.9	27.2	27.5	27.8	28.1	28.4	28.6	28.9

Abby Bodysuit

This page contains the **Lower Centre Back** and **Lower Centre Front** patterns. This page is for **5 Degrees of Posterior Tilt only** ... only use this page if it matches your pelvic tilt angle. The other angles are on subsequent pages.



Back



Front

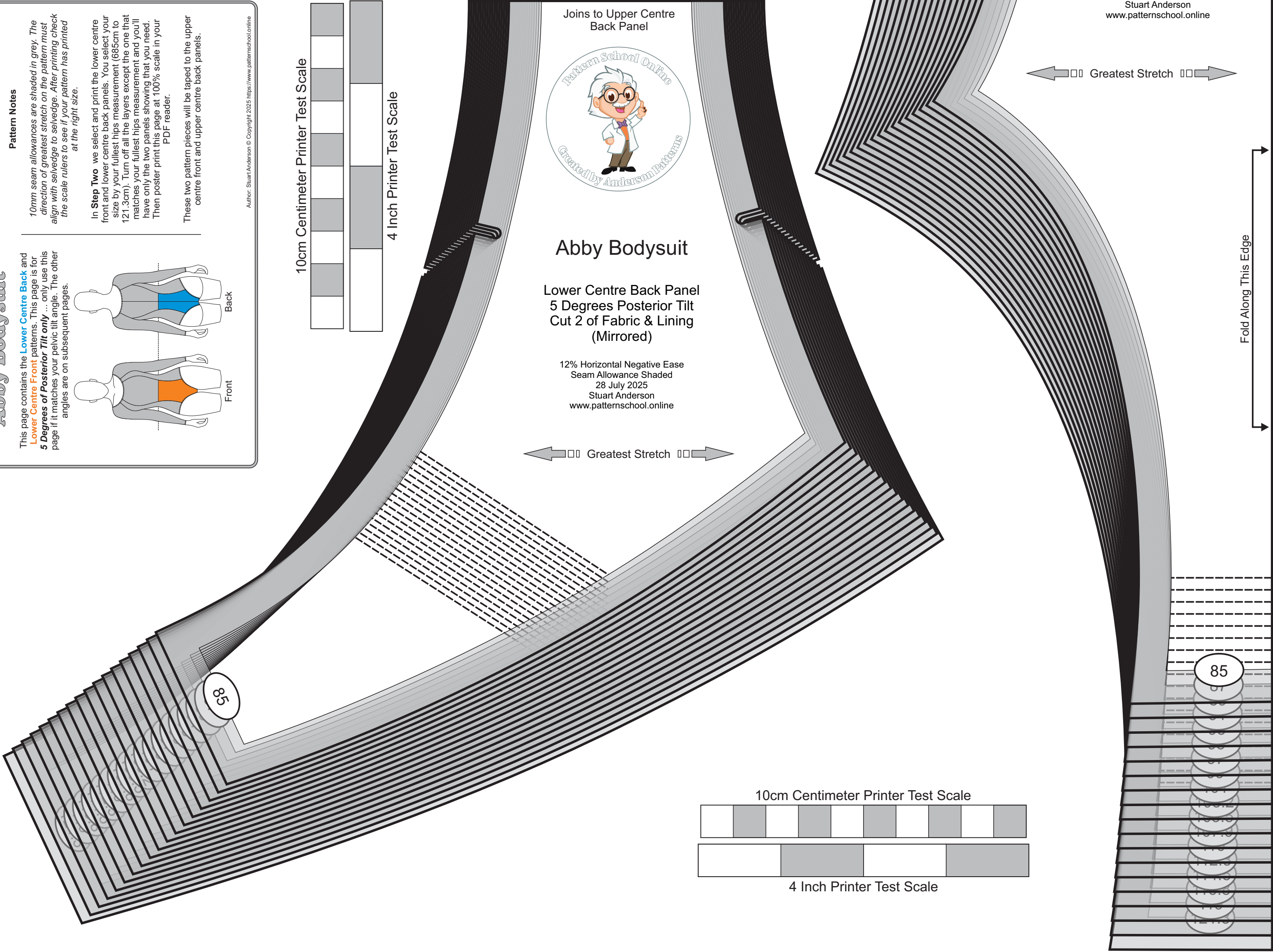
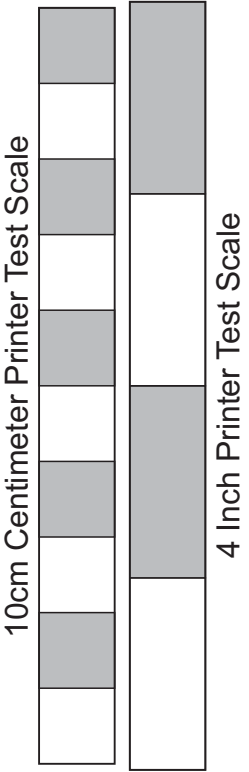
Pattern Notes

10mm seam allowances are shaded in grey. The direction of greatest stretch on the pattern must align with selvedge to selvedge. After printing check the scale rulers to see if your pattern has printed at the right size.

In **Step Two** we select and print the lower centre front and lower centre back panels. You select your size by your fullest hips measurement (685cm to 121.3cm). Turn off all the layers except the one that matches your fullest hips measurement and you'll have only the two panels showing that you need. Then poster print this page at 100% scale in your PDF reader.

These two pattern pieces will be taped to the upper centre front and upper centre back panels.

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Joins to Upper Centre Front Panel

Abby Bodysuit

Lower Centre Front Panel
5 Degrees Posterior Tilt
Cut 1 of Fabric & Lining
(on Fold)

12% Horizontal Negative Ease
Seam Allowance Shaded
28 July 2025
Stuart Anderson
www.patternschool.online

← Greatest Stretch →

Fold Along This Edge

10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale

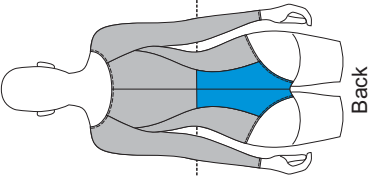
85

Measurements are in Centimetres

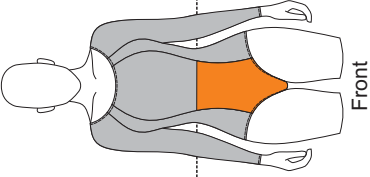
Underbust	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94	96	98	100
Bust (B Cup)	78	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	112
Bust (C Cup)	80.5	82.5	84.5	86.5	88.5	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5
Bust (D Cup)	83	85	87	89	91	93	95	97	99	101	103	105	107	109	111	113	115	117
Bust (E Cup)	85.5	87.5	89.5	91.5	93.5	95.5	97.5	99.5	101.5	103.5	105.5	107.5	109.5	111.5	113.5	115.5	117.5	119.5
Bust (F Cup)	88	90	92	94	96	98	100	102	104	106	108	110	112	114	116	118	120	122
Bust (G Cup)	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5	116.5	118.5	120.5	122.5	124.5
Waist	60	62	64	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94
Hips	85	87	89	91	93	95	97	99	101	103.2	105.5	107.8	110	112.3	114.5	116.8	119	121.3
Nape-Waist	37.4	37.6	37.8	38	38.2	38.5	38.7	38.9	39.1	39.3	39.5	39.7	39.9	40.1	40.3	40.5	40.8	41
Waist-Hips	24	24.3	24.6	24.9	25.2	25.4	25.7	26	26.3	26.6	26.9	27.2	27.5	27.8	28.1	28.4	28.6	28.9

Abby Bodysuit

This page contains the **Lower Centre Back** and **Lower Centre Front** patterns. This page is for **10 Degrees of Posterior Tilt only** ... only use this page if it matches your pelvic tilt angle. The other angles are on subsequent pages.



Back



Front

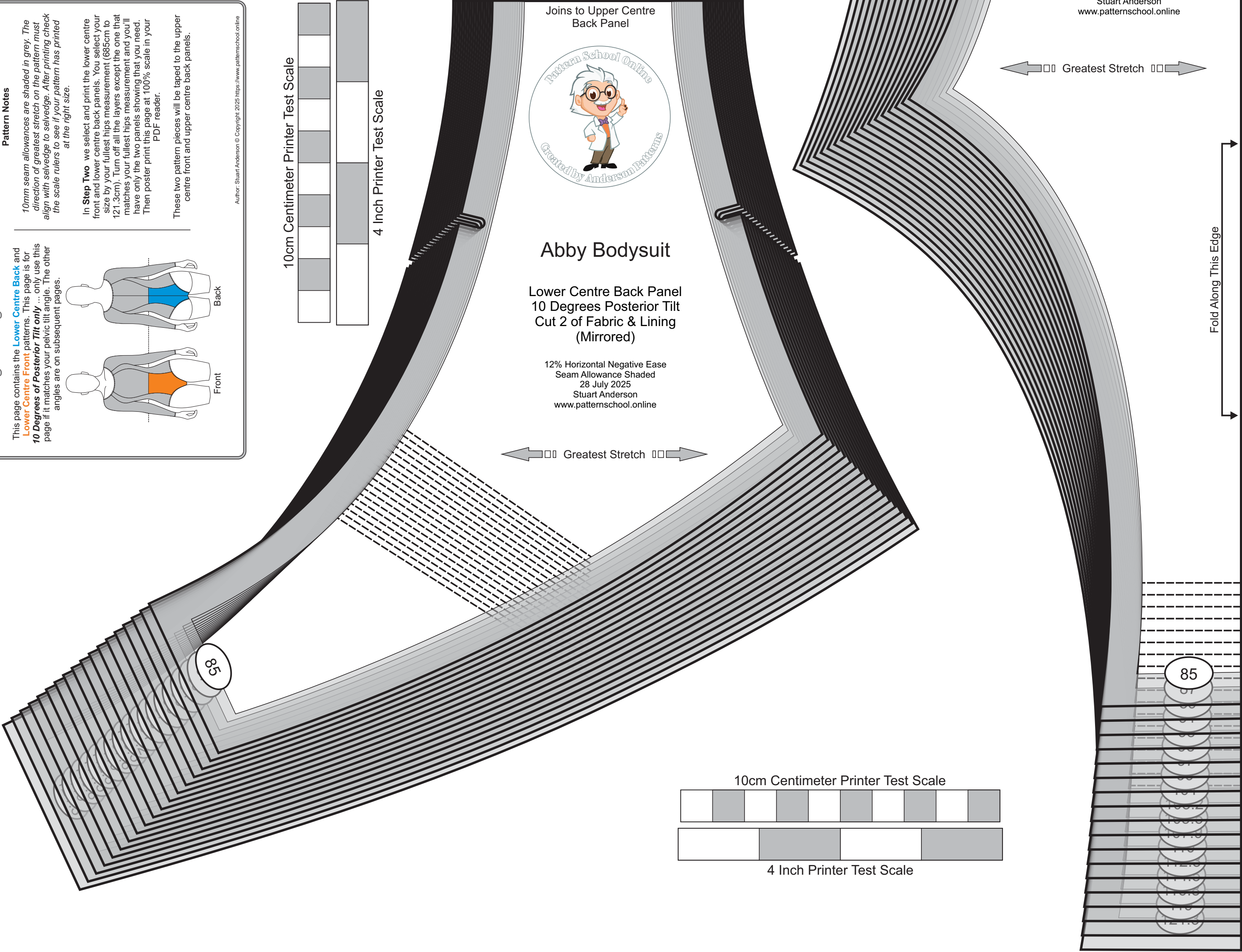
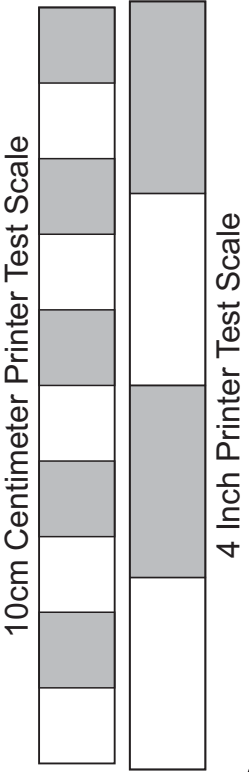
Pattern Notes

10mm seam allowances are shaded in grey. The direction of greatest stretch on the pattern must align with selvedge to selvedge. After printing check the scale rulers to see if your pattern has printed at the right size.

In **Step Two** we select and print the lower centre front and lower centre back panels. You select your size by your fullest hips measurement (88cm to 121.3cm). Turn off all the layers except the one that matches your fullest hips measurement and you'll have only the two panels showing that you need. Then poster print this page at 100% scale in your PDF reader.

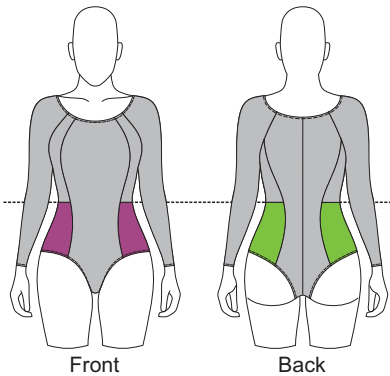
These two pattern pieces will be taped to the upper centre front and upper centre back panels.

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Abby Bodysuit

This page contains the **Lower Side Front** and **Lower Side Back** patterns. Select your size from the layers window by turning off all the layers, except the one that matches your **Fullest Hips** measurement.



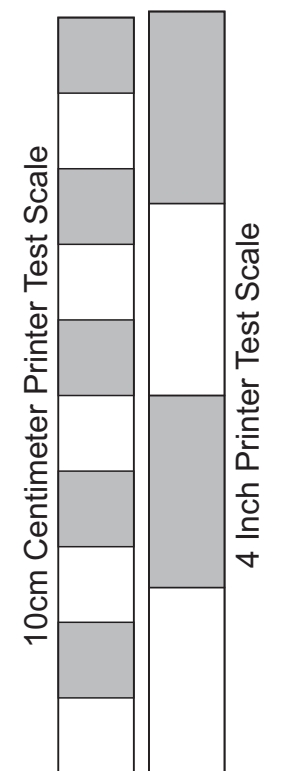
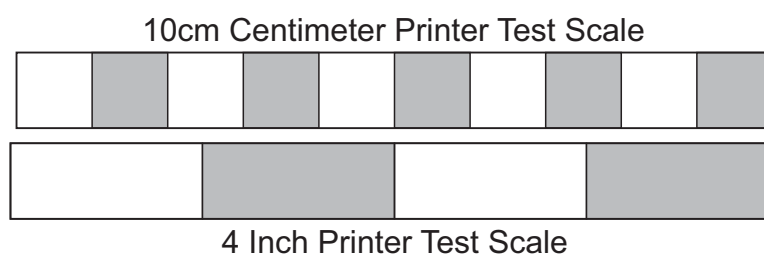
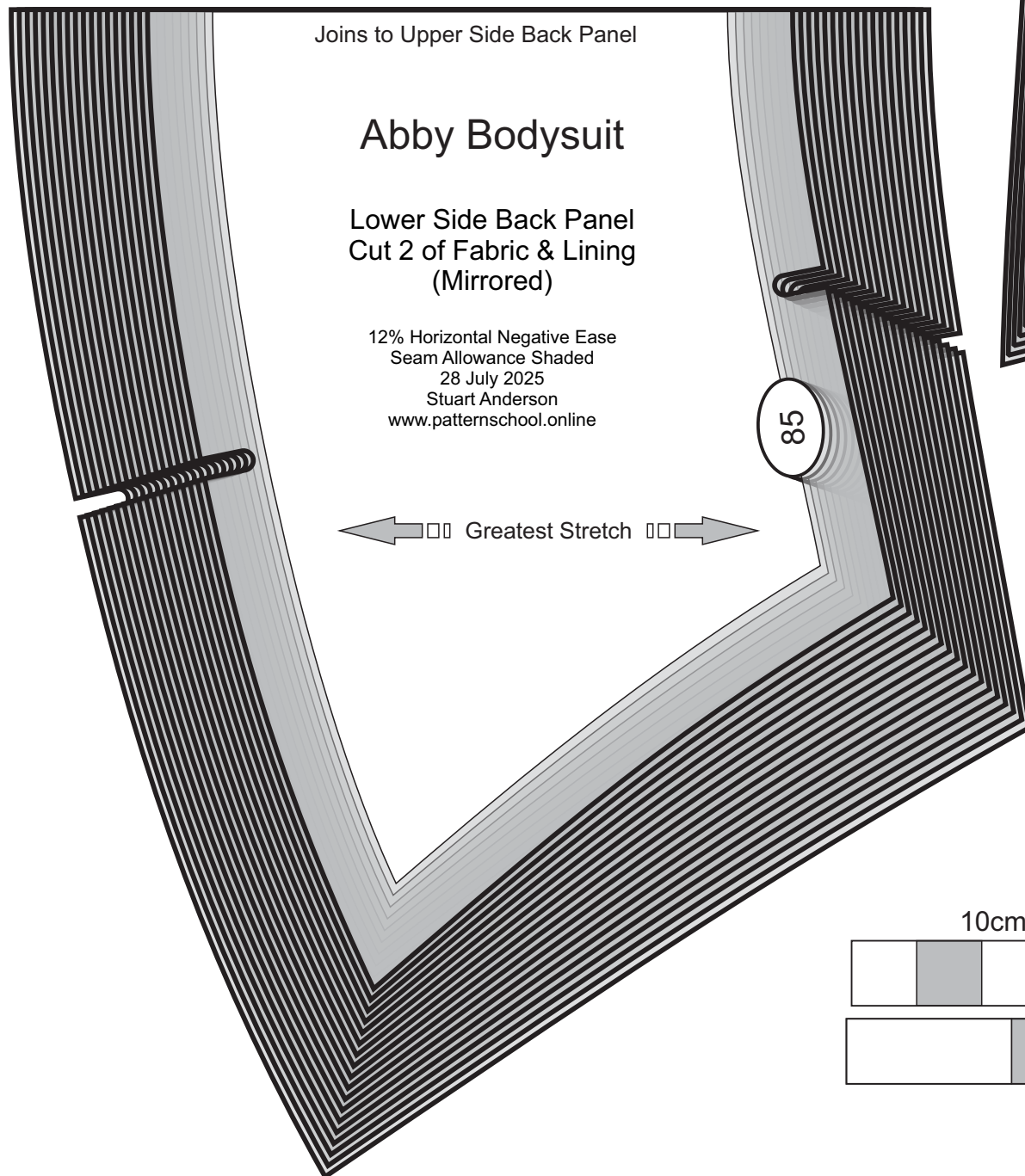
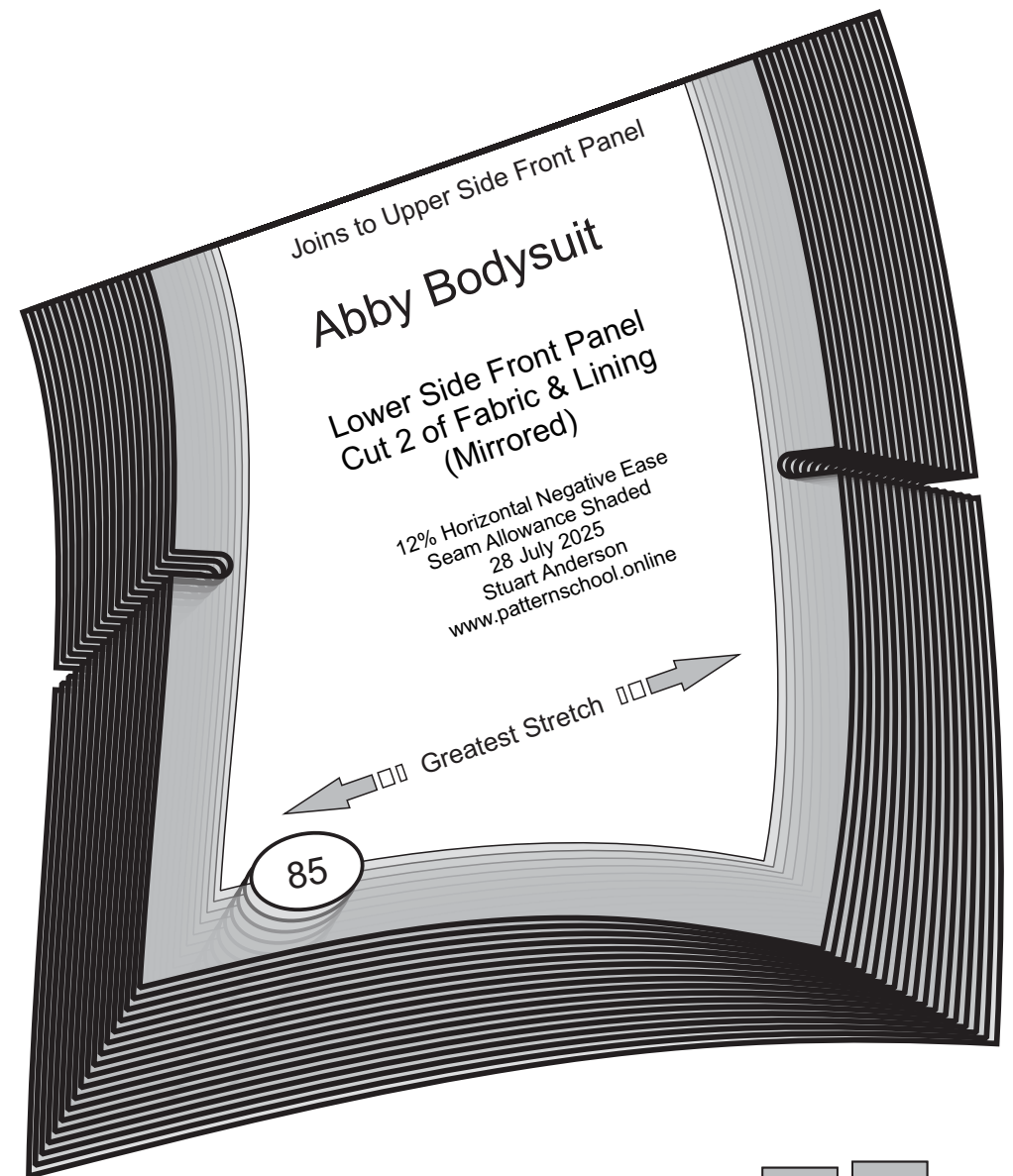
Pattern Notes

10mm seam allowances are shaded in grey. The direction of greatest stretch on the pattern must align with selvedge to selvedge. After printing check the scale rulers to see if your pattern has printed at the right size.

In **Step Three** we select and print the lower side front and lower side back panels. You select your size by your fullest hips measurement (85cm to 121.3cm). Turn off all the layers except the one that matches your fullest hips measurement and you'll have only the two panels showing that you need. Then poster print this page at 100% scale in your PDF reader.

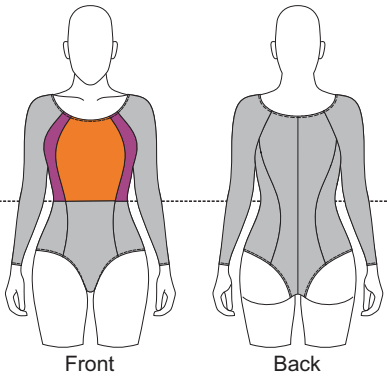
These two pattern pieces will be taped to the upper side front and upper side back panels.

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Abby Bodysuit

This page contains the **Upper Centre Front** and **Upper Side Front** patterns. This page is for **A Cup Bust only** ... only use this page if it matches your cup size. The other cups sizes are on subsequent pages.



Pattern Notes

10mm seam allowances are shaded in grey. The direction of greatest stretch on the pattern must align with selvedge to selvedge. After printing check the scale rulers to see if your pattern has printed at the right size.

In **Step Four** we select and print the upper centre front and upper side front panels. You select your size by your under bust measurement (66cm to 100cm). Turn off all the layers except the one that matches your under bust measurement and you'll have only the two panels showing that you need. Then poster print this page at 100% scale in your PDF reader.

These two pattern pieces will be taped to the lower side front and lower centre front panels.

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10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale



Measurements are in Centimetres

Underbust	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94	96	98	100
Bust (B Cup)	78	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	112
Bust (C Cup)	80.5	82.5	84.5	86.5	88.5	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5
Bust (D Cup)	83	85	87	89	91	93	95	97	99	101	103	105	107	109	111	113	115	117
Bust (E Cup)	85.5	87.5	89.5	91.5	93.5	95.5	97.5	99.5	101.5	103.5	105.5	107.5	109.5	111.5	113.5	115.5	117.5	119.5
Bust (F Cup)	88	90	92	94	96	98	100	102	104	106	108	110	112	114	116	118	120	122
Bust (G Cup)	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5	116.5	118.5	120.5	122.5	124.5
Waist	60	62	64	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94
Hips	85	87	89	91	93	95	97	99	101	103.2	105.5	107.8	110	112.3	114.5	116.8	119	121.3
Nape-Waist	37.4	37.6	37.8	38	38.2	38.5	38.7	38.9	39.1	39.3	39.5	39.7	39.9	40.1	40.3	40.5	40.8	41
Waist-Hips	24	24.3	24.6	24.9	25.2	25.4	25.7	26	26.3	26.6	26.9	27.2	27.5	27.8	28.1	28.4	28.6	28.9

10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale



Abby Bodysuit

Upper Side Front
Panel - A Cup
Cut 2 of Fabric & Lining
(Mirrored)

12% Horizontal Negative Ease
Seam Allowance Shaded
28 July 2025
Stuart Anderson
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Joins to Lower Side Front Panel

Abby Bodysuit

Upper Centre Front
Panel - A Cup
Cut 1 of Fabric & Lining
(on Fold)

12% Horizontal Negative Ease
Seam Allowance Shaded
28 July 2025
Stuart Anderson
www.patternschool.online

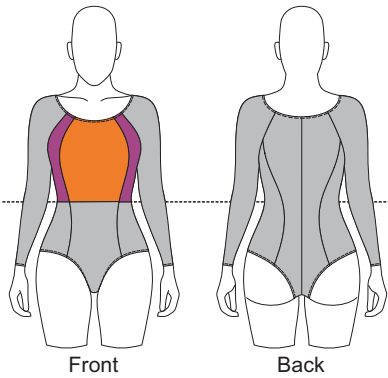


Fold Along This Edge

Joins to Lower Centre Front Panel

Abby Bodysuit

This page contains the **Upper Centre Front** and **Upper Side Front** patterns. This page is for **A Cup Bust only** ... only use this page if it matches your cup size. The other cups sizes are on subsequent pages.



Pattern Notes

10mm seam allowances are shaded in grey. The direction of greatest stretch on the pattern must align with selvedge to selvedge. After printing check the scale rulers to see if your pattern has printed at the right size.

In **Step Four** we select and print the upper centre front and upper side front panels. You select your size by your under bust measurement (66cm to 100cm). Turn off all the layers except the one that matches your under bust measurement and you'll have only the two panels showing that you need. Then poster print this page at 100% scale in your PDF reader.

These two pattern pieces will be taped to the lower side front and lower centre front panels.

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10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale



Measurements are in Centimetres

	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94	96	98	100
Underbust	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94	96	98	100
Bust (B Cup)	78	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	112
Bust (C Cup)	80.5	82.5	84.5	86.5	88.5	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5
Bust (D Cup)	83	85	87	89	91	93	95	97	99	101	103	105	107	109	111	113	115	117
Bust (E Cup)	85.5	87.5	89.5	91.5	93.5	95.5	97.5	99.5	101.5	103.5	105.5	107.5	109.5	111.5	113.5	115.5	117.5	119.5
Bust (F Cup)	88	90	92	94	96	98	100	102	104	106	108	110	112	114	116	118	120	122
Bust (G Cup)	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5	116.5	118.5	120.5	122.5	124.5
Waist	60	62	64	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94
Hips	85	87	89	91	93	95	97	99	101	103.2	105.5	107.8	110	112.3	114.5	116.8	119	121.3
Nape-Waist	37.4	37.6	37.8	38	38.2	38.5	38.7	38.9	39.1	39.3	39.5	39.7	39.9	40.1	40.3	40.5	40.8	41
Waist-Hips	24	24.3	24.6	24.9	25.2	25.4	25.7	26	26.3	26.6	26.9	27.2	27.5	27.8	28.1	28.4	28.6	28.9

10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale



Abby Bodysuit

Upper Side Front
Panel - B Cup
Cut 2 of Fabric & Lining
(Mirrored)

12% Horizontal Negative Ease
Seam Allowance Shaded
28 July 2025
Stuart Anderson
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Joins to Lower Side Front Panel

Abby Bodysuit

Upper Centre Front
Panel - B Cup
Cut 1 of Fabric & Lining
(on Fold)

12% Horizontal Negative Ease
Seam Allowance Shaded
28 July 2025
Stuart Anderson
www.patternschool.online

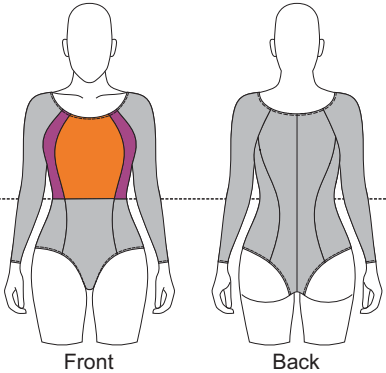


Joins to Lower Centre Front Panel

Fold Along This Edge

Abby Bodysuit

This page contains the **Upper Centre Front** and **Upper Side Front** patterns. This page is for **A Cup Bust only** ... only use this page if it matches your cup size. The other cups sizes are on subsequent pages.



Pattern Notes

10mm seam allowances are shaded in grey. The direction of greatest stretch on the pattern must align with selvedge to selvedge. After printing check the scale rulers to see if your pattern has printed at the right size.

In **Step Four** we select and print the upper centre front and upper side front panels. You select your size by your under bust measurement (66cm to 100cm). Turn off all the layers except the one that matches your under bust measurement and you'll have only the two panels showing that you need. Then poster print this page at 100% scale in your PDF reader.

These two pattern pieces will be taped to the lower side front and lower centre front panels.

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10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale



Measurements are in Centimetres

Underbust	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94	96	98	100
Bust (B Cup)	78	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	112
Bust (C Cup)	80.5	82.5	84.5	86.5	88.5	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5
Bust (D Cup)	83	85	87	89	91	93	95	97	99	101	103	105	107	109	111	113	115	117
Bust (E Cup)	85.5	87.5	89.5	91.5	93.5	95.5	97.5	99.5	101.5	103.5	105.5	107.5	109.5	111.5	113.5	115.5	117.5	119.5
Bust (F Cup)	88	90	92	94	96	98	100	102	104	106	108	110	112	114	116	118	120	122
Bust (G Cup)	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5	116.5	118.5	120.5	122.5	124.5
Waist	60	62	64	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94
Hips	85	87	89	91	93	95	97	99	101	103.2	105.5	107.8	110	112.3	114.5	116.8	119	121.3
Nape-Waist	37.4	37.6	37.8	38	38.2	38.5	38.7	38.9	39.1	39.3	39.5	39.7	39.9	40.1	40.3	40.5	40.8	41
Waist-Hips	24	24.3	24.6	24.9	25.2	25.4	25.7	26	26.3	26.6	26.9	27.2	27.5	27.8	28.1	28.4	28.6	28.9

10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale



Abby Bodysuit

Upper Side Front
Panel - C Cup
Cut 2 of Fabric & Lining
(Mirrored)

12% Horizontal Negative Ease
Seam Allowance Shaded
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Joins to Lower Side Front Panel

Abby Bodysuit

Upper Centre Front
Panel - C Cup
Cut 1 of Fabric & Lining
(on Fold)

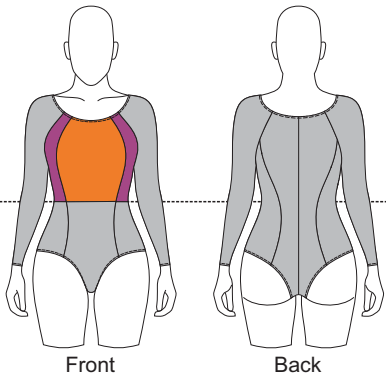
12% Horizontal Negative Ease
Seam Allowance Shaded
28 July 2025
Stuart Anderson
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Joins to Lower Centre Front Panel

Fold Along This Edge

Abby Bodysuit

This page contains the **Upper Centre Front** and **Upper Side Front** patterns. This page is for **A Cup Bust only** ... only use this page if it matches your cup size. The other cups sizes are on subsequent pages.



Pattern Notes

10mm seam allowances are shaded in grey. The direction of greatest stretch on the pattern must align with selvedge to selvedge. After printing check the scale rulers to see if your pattern has printed at the right size.

In **Step Four** we select and print the upper centre front and upper side front panels. You select your size by your under bust measurement (66cm to 100cm). Turn off all the layers except the one that matches your under bust measurement and you'll have only the two panels showing that you need. Then poster print this page at 100% scale in your PDF reader.

These two pattern pieces will be taped to the lower side front and lower centre front panels.

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10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale



Measurements are in Centimetres

Underbust	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94	96	98	100
Bust (B Cup)	78	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	112
Bust (C Cup)	80.5	82.5	84.5	86.5	88.5	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5
Bust (D Cup)	83	85	87	89	91	93	95	97	99	101	103	105	107	109	111	113	115	117
Bust (E Cup)	85.5	87.5	89.5	91.5	93.5	95.5	97.5	99.5	101.5	103.5	105.5	107.5	109.5	111.5	113.5	115.5	117.5	119.5
Bust (F Cup)	88	90	92	94	96	98	100	102	104	106	108	110	112	114	116	118	120	122
Bust (G Cup)	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5	116.5	118.5	120.5	122.5	124.5
Waist	60	62	64	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94
Hips	85	87	89	91	93	95	97	99	101	103.2	105.5	107.8	110	112.3	114.5	116.8	119	121.3
Nape-Waist	37.4	37.6	37.8	38	38.2	38.5	38.7	38.9	39.1	39.3	39.5	39.7	39.9	40.1	40.3	40.5	40.8	41
Waist-Hips	24	24.3	24.6	24.9	25.2	25.4	25.7	26	26.3	26.6	26.9	27.2	27.5	27.8	28.1	28.4	28.6	28.9

10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale



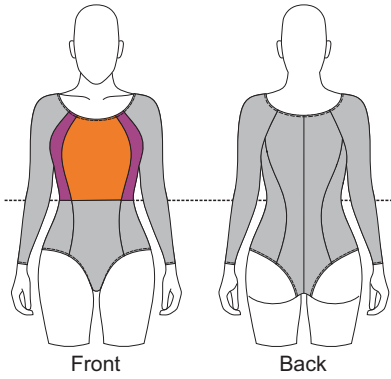
Joins to Lower Side Front Panel

Joins to Lower Centre Front Panel

Fold Along This Edge

Abby Bodysuit

This page contains the **Upper Centre Front** and **Upper Side Front** patterns. This page is for **A Cup Bust only** ... only use this page if it matches your cup size. The other cups sizes are on subsequent pages.



Pattern Notes

10mm seam allowances are shaded in grey. The direction of greatest stretch on the pattern must align with selvedge to selvedge. After printing check the scale rulers to see if your pattern has printed at the right size.

In **Step Four** we select and print the upper centre front and upper side front panels. You select your size by your under bust measurement (66cm to 100cm). Turn off all the layers except the one that matches your under bust measurement and you'll have only the two panels showing that you need. Then poster print this page at 100% scale in your PDF reader.

These two pattern pieces will be taped to the lower side front and lower centre front panels.

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10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale



Measurements are in Centimetres

Underbust	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94	96	98	100
Bust (B Cup)	78	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	112
Bust (C Cup)	80.5	82.5	84.5	86.5	88.5	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5
Bust (D Cup)	83	85	87	89	91	93	95	97	99	101	103	105	107	109	111	113	115	117
Bust (E Cup)	85.5	87.5	89.5	91.5	93.5	95.5	97.5	99.5	101.5	103.5	105.5	107.5	109.5	111.5	113.5	115.5	117.5	119.5
Bust (F Cup)	88	90	92	94	96	98	100	102	104	106	108	110	112	114	116	118	120	122
Bust (G Cup)	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5	116.5	118.5	120.5	122.5	124.5
Waist	60	62	64	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94
Hips	85	87	89	91	93	95	97	99	101	103.2	105.5	107.8	110	112.3	114.5	116.8	119	121.3
Nape-Waist	37.4	37.6	37.8	38	38.2	38.5	38.7	38.9	39.1	39.3	39.5	39.7	39.9	40.1	40.3	40.5	40.8	41
Waist-Hips	24	24.3	24.6	24.9	25.2	25.4	25.7	26	26.3	26.6	26.9	27.2	27.5	27.8	28.1	28.4	28.6	28.9

10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale



Abby Bodysuit

Upper Side Front
Panel - E Cup
Cut 2 of Fabric & Lining
(Mirrored)

12% Horizontal Negative Ease
Seam Allowance Shaded
28 July 2025
Stuart Anderson
www.patternschool.online

Joins to Lower Side Front Panel

Abby Bodysuit

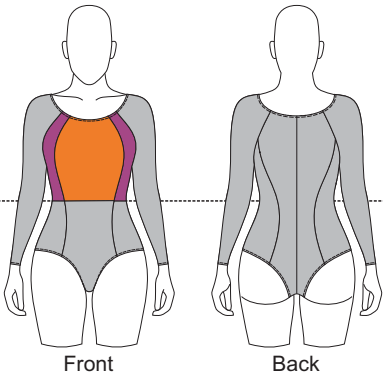
Upper Centre Front
Panel - E Cup
Cut 1 of Fabric & Lining
(on Fold)

12% Horizontal Negative Ease
Seam Allowance Shaded
28 July 2025
Stuart Anderson
www.patternschool.online

Joins to Lower Centre Front Panel

Abby Bodysuit

This page contains the **Upper Centre Front** and **Upper Side Front** patterns. This page is for **A Cup Bust only** ... only use this page if it matches your cup size. The other cups sizes are on subsequent pages.



Pattern Notes

10mm seam allowances are shaded in grey. The direction of greatest stretch on the pattern must align with selvedge to selvedge. After printing check the scale rulers to see if your pattern has printed at the right size.

In **Step Four** we select and print the upper centre front and upper side front panels. You select your size by your under bust measurement (66cm to 100cm). Turn off all the layers except the one that matches your under bust measurement and you'll have only the two panels showing that you need. Then poster print this page at 100% scale in your PDF reader.

These two pattern pieces will be taped to the lower side front and lower centre front panels.

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10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale



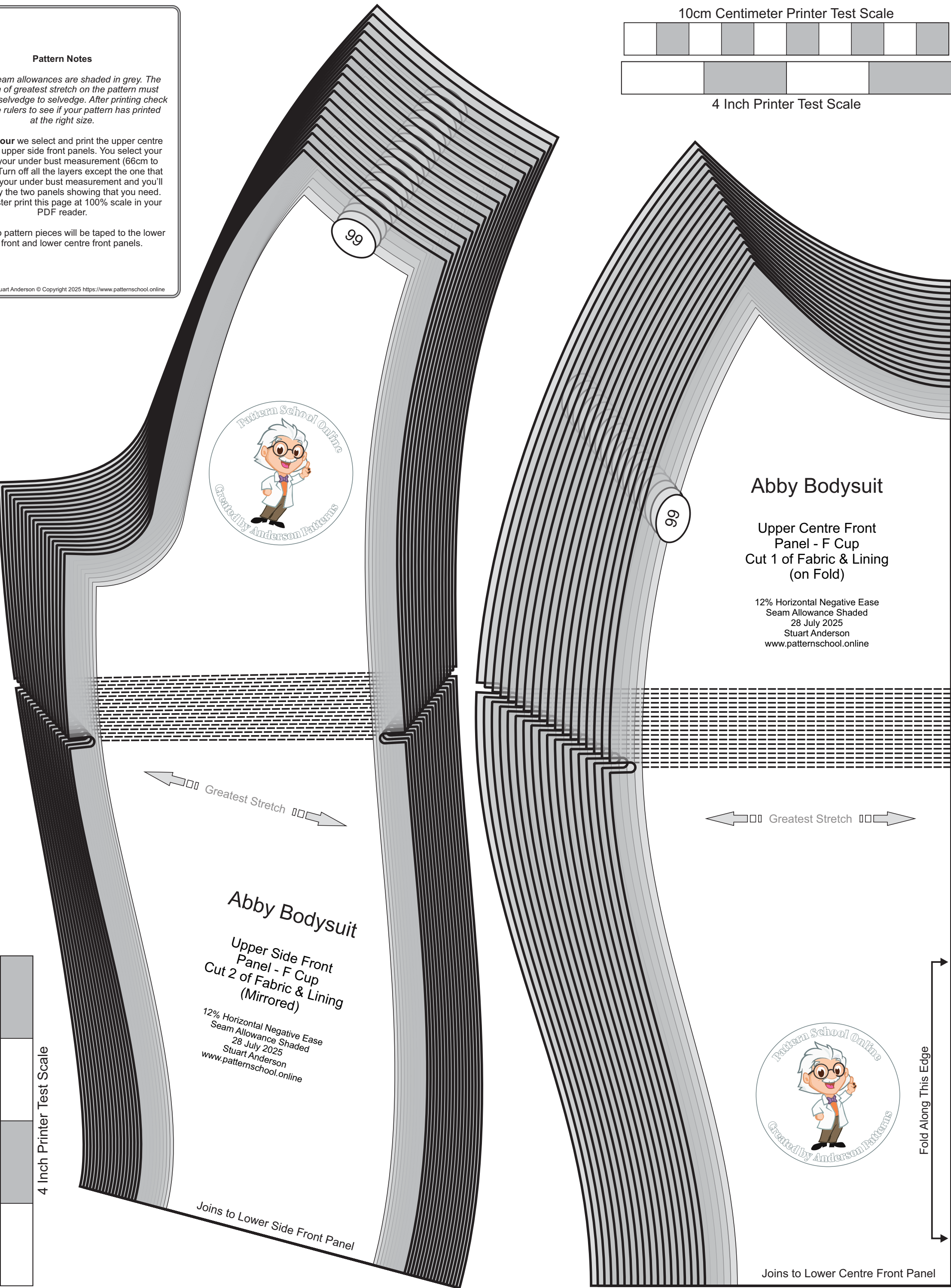
Measurements are in Centimetres

Underbust	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94	96	98	100
Bust (B Cup)	78	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	112
Bust (C Cup)	80.5	82.5	84.5	86.5	88.5	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5
Bust (D Cup)	83	85	87	89	91	93	95	97	99	101	103	105	107	109	111	113	115	117
Bust (E Cup)	85.5	87.5	89.5	91.5	93.5	95.5	97.5	99.5	101.5	103.5	105.5	107.5	109.5	111.5	113.5	115.5	117.5	119.5
Bust (F Cup)	88	90	92	94	96	98	100	102	104	106	108	110	112	114	116	118	120	122
Bust (G Cup)	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5	116.5	118.5	120.5	122.5	124.5
Waist	60	62	64	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94
Hips	85	87	89	91	93	95	97	99	101	103.2	105.5	107.8	110	112.3	114.5	116.8	119	121.3
Nape-Waist	37.4	37.6	37.8	38	38.2	38.5	38.7	38.9	39.1	39.3	39.5	39.7	39.9	40.1	40.3	40.5	40.8	41
Waist-Hips	24	24.3	24.6	24.9	25.2	25.4	25.7	26	26.3	26.6	26.9	27.2	27.5	27.8	28.1	28.4	28.6	28.9

10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale



Abby Bodysuit

Upper Centre Front
Panel - F Cup
Cut 1 of Fabric & Lining
(on Fold)

12% Horizontal Negative Ease
Seam Allowance Shaded
28 July 2025
Stuart Anderson
www.patternschool.online



Fold Along This Edge

Joins to Lower Centre Front Panel

Joins to Lower Side Front Panel

Abby Bodysuit
Upper Side Front
Panel - F Cup
Cut 2 of Fabric & Lining
(Mirrored)
12% Horizontal Negative Ease
Seam Allowance Shaded
28 July 2025
Stuart Anderson
www.patternschool.online

Measurements are in Centimetres

Underbust	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94	96	98	100
Bust (B Cup)	78	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	112
Bust (C Cup)	80.5	82.5	84.5	86.5	88.5	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5
Bust (D Cup)	83	85	87	89	91	93	95	97	99	101	103	105	107	109	111	113	115	117
Bust (E Cup)	85.5	87.5	89.5	91.5	93.5	95.5	97.5	99.5	101.5	103.5	105.5	107.5	109.5	111.5	113.5	115.5	117.5	119.5
Bust (F Cup)	88	90	92	94	96	98	100	102	104	106	108	110	112	114	116	118	120	122
Bust (G Cup)	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5	116.5	118.5	120.5	122.5	124.5
Waist	60	62	64	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94
Hips	85	87	89	91	93	95	97	99	101	103.2	105.5	107.8	110	112.3	114.5	116.8	119	121.3
Nape-Waist	37.4	37.6	37.8	38	38.2	38.5	38.7	38.9	39.1	39.3	39.5	39.7	39.9	40.1	40.3	40.5	40.8	41
Waist-Hips	24	24.3	24.6	24.9	25.2	25.4	25.7	26	26.3	26.6	26.9	27.2	27.5	27.8	28.1	28.4	28.6	28.9

10cm Centimeter Printer Test Scale

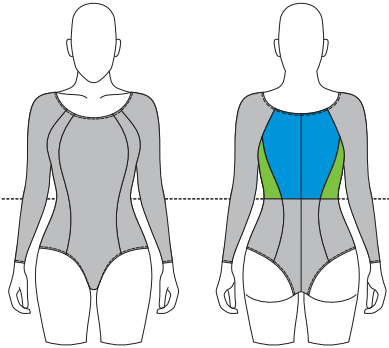


4 Inch Printer Test Scale



Abby Bodysuit

This page contains the **Upper Centre Back** and **Upper Side Back** patterns. Select your size by turning off all the layers, except the one that matches your **Under Bust** measurement.



Front

Back

Pattern Notes

10mm seam allowances are shaded in grey. The direction of greatest stretch on the pattern must align with selvedge to selvedge. After printing check the scale rulers to see if your pattern has printed at the right size.

In **Step One** we select and print the upper centre back and upper side back panels. You select your size by your under bust measurement (66cm to 100cm). Turn off all the layers except the one that matches your under bust measurement and you'll have only the two panels showing that you need. Then poster print this page at 100% scale in your PDF reader.

These two pattern pieces will be taped to the lower centre back and lower side back panels (following pages) respectively.

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10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale



Abby Bodysuit

Upper Centre Front
Panel - G Cup
Cut 1 of Fabric & Lining
(on Fold)

12% Horizontal Negative Ease
Seam Allowance Shaded
28 July 2025
Stuart Anderson
www.patternschool.online



Fold Along This Edge

Joins to Lower Centre Front Panel



Abby Bodysuit

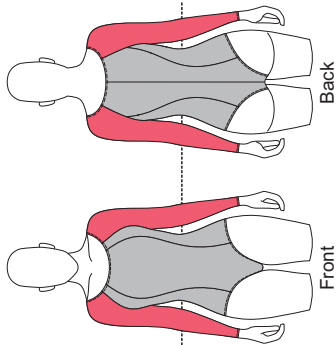
Upper Side Front
Panel - G Cup
Cut 2 of Fabric & Lining
(Mirrored)

12% Horizontal Negative Ease
Seam Allowance Shaded
28 July 2025
Stuart Anderson
www.patternschool.online

Joins to Lower Side Front Panel

Abby Bodysuit

This page contains the **Sleeve** pattern. Select your size and print the pattern. All layers, except the one that matches your Under Bust measurement. This is the final panel.



Pattern Notes

10mm and 20mm seam allowances are shaded in grey. The direction of greatest stretch on the pattern must align with selvedge to selvedge. After printing check the scale rulers to see if your pattern has printed at the right size.

In **Step Five** we select and print the sleeve panel. You select your size by your under bust measurement (66cm to 100cm). Turn off all the layers except the one that matches your size. This is the final panel. You'll have only the one panel showing that you need. Then poster print this page at 100% scale in your PDF reader.

That's it for the pattern cutting part!

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10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale



← Greatest Stretch →

Abby Bodysuit

Sleeve Panel
Cut 2 of Fabric & Lining
(Mirrored)
Lining Layer is Optional

12% Horizontal Negative Ease
Seam Allowance Shaded
28 July 2025
Stuart Anderson
www.patternschool.online

Back

Front

10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale



Measurements are in Centimetres

Underbust	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94	96	98	100
Bust (B Cup)	78	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	112
Bust (C Cup)	80.5	82.5	84.5	86.5	88.5	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5
Bust (D Cup)	83	85	87	89	91	93	95	97	99	101	103	105	107	109	111	113	115	117
Bust (E Cup)	85.5	87.5	89.5	91.5	93.5	95.5	97.5	99.5	101.5	103.5	105.5	107.5	109.5	111.5	113.5	115.5	117.5	119.5
Bust (F Cup)	88	90	92	94	96	98	100	102	104	106	108	110	112	114	116	118	120	122
Bust (G Cup)	90.5	92.5	94.5	96.5	98.5	100.5	102.5	104.5	106.5	108.5	110.5	112.5	114.5	116.5	118.5	120.5	122.5	124.5
Waist	60	62	64	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94
Hips	85	87	89	91	93	95	97	99	101	103.2	105.5	107.8	110	112.3	114.5	116.8	119	121.3
Nape-Waist	37.4	37.6	37.8	38	38.2	38.5	38.7	38.9	39.1	39.3	39.5	39.7	39.9	40.1	40.3	40.5	40.8	41
Waist-Hips	24	24.3	24.6	24.9	25.2	25.4	25.7	26	26.3	26.6	26.9	27.2	27.5	27.8	28.1	28.4	28.6	28.9