



# Fitting Manual - Level B

April 2026

# Body Types



STORE

There are 6 horizontal body types, and 2 vertical body types.



The different horizontal body types are:



**Triangle**

Pgs 3-4



**Inverted Triangle**

Pgs 5-6



**Rectangle**

Pgs 7-8



**Hourglass**

Pgs 9-10



**Diamond**

Pgs 11-12



**Oval**

Pgs 13-14

# Triangle Body Type

△ TRIANGLE

## Characteristics

The characteristics of the **triangle** body type:

- Proportionally narrow shoulders
- Large hips
- Well defined waist
- Most likely small to medium bust
- “Pear shape” or bottom heavy



## Suggested Alterations

- Take in waist to eliminate gap in the back of the pants
- Pant hem is long to lengthen the leg with longer pants and a heel
- Take in the sides to a straight or boot leg line from the widest part of the leg
- Shorten straps
- Take in side on jacket to emphasize the waist
- Darts on shirt to emphasize waist and narrow upper body

## What to do?

- Balance top half to bottom half by creating the appearance of a fuller upper body, draw attention to smaller top and away from fuller thighs and hips.

## How

- Create the most curvaceous effect by mixing and matching separates.

## Horizontally: What to Wear?

### Tops

- Should balance the lower half while accentuating the defined waist.
  - Tops with nipped or fitted waists
  - Off the shoulder, boat-neck tops, wide V or U necks
  - Structured shoulders, princess or flutter sleeves
  - Embellishments around the bust and shoulders
  - Bright colours and bold patterns

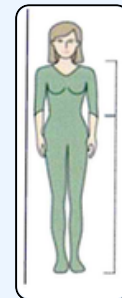
### Bottoms

- Should minimize the lower half
  - Pants that fall straight from the widest part of the hip
  - Avoid details such as whiskering and embellished pockets
  - A-Line skirts
  - Lightly gathered skirts that skim your body without adding volume
  - Darker colours, clean lines and simple stitching.

## Vertically: What to Wear?

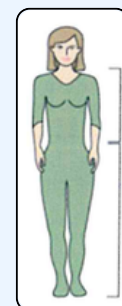
### Legs are long & Torso is short?

- Longer tops belted to define the waist
- Longer jackets with defined waist
- Longer tops that hang past the hips
- Straight leg capris



### Legs are short & Torso is long?

- Shorten tops to not cover crotch
- Cropped sleeves and tops
- Tuck tops in
- Long pants (no capris)
- Heels



# Inverted Triangle Body Type

▽ INV. TRIANGLE

## Characteristics

The characteristics of the **inverted triangle** body type:

- Top heavy
- Proportionally broad shoulders
- Large bust
- Narrow hips
- 'V' shape



## Suggested Alterations

- Shorten straps
- Add shoulder pads
- Take in waist in shirts and jackets
- Darts to emphasize waist
- Sew pockets closed

## What to do?

- Balance lower body to upper body to draw attention away from upper body, this will create the illusion of the perfect hourglass body shape.

## How

- Choose clothes that add curves to hips and bottom while creating a more defined waist. Can show off legs but not too short or balance top to bottom will be lost.

## Horizontally: What to Wear?

### Tops

- Tops should accentuate the waist and help balance the bust with the hips
  - Narrow V-necks
  - Tops with banding or nipping at the waist
  - Wrap-style tops
  - Tailored shirts and jackets
  - Dark coloured tops
  - Three quarter length sleeves

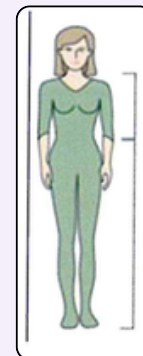
### Bottoms

- Should enhance the lower body and help balance the upper body
  - Pants with embellished or flap-style pockets
  - Boot cut or wide legs
  - Full or A-line skirts
  - Cargo pants
  - Jeans with whiskering at the hips
  - Flowing fabrics

## Vertically: What to Wear?

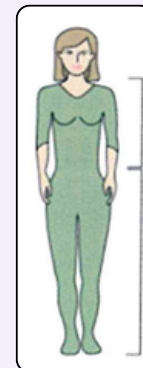
### Legs are long & Torso is short?

- Longer tops belted to define the waist
- Longer jackets with defined waist
- Longer tops that hang past the hips
- Straight leg capris



### Legs are short & Torso is long?

- Shorten tops to not cover crotch
- Cropped sleeves and tops
- Tuck tops in & add belt to emphasize waist
- Long pants (no capris)
- Heels



# Rectangle Body Type

RECTANGLE

## Characteristics

The characteristics of the **rectangle** body type:

- Bust and hips are about the same size
- Undefined waist
- Most likely small or medium bust
- Proportionally slim legs & arms
- “Boyish” or “Straight”



## Suggested Alterations

- Darts to emphasize waist
- Take in thighs/rise
- Take in waist of jackets and shirts
- Take in waist of pants and skirts
- Sew pockets closed

## What to do?

- Add curves either by defining shoulders and defining the waist (if slim).

## How

- Choose form fitting clothing (if comfortable) and create a waist by adding a wide, dark belt. Or to create a more curvaceous effect, add volume (or the illusion of volume) proportionally to upper and lower body by mixing and matching separates.

## Horizontally: What to Wear?

### Tops

- Tops should add curves to upper half and create a more defined waist
  - Tops with nipped, belted, or wrapped waists
  - Off the shoulder, boat-neck tops, wide V or U necks
  - Structured shoulders, princess or flutter sleeves
  - Embellishments around the bust and shoulders
  - Tops that are full, rushed or flowing around the bust

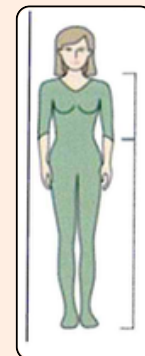
### Bottoms

- Bottoms should add curves to the lower half while creating an hourglass effect
  - Pants with full or moderately flared legs
  - Go for details such as whiskering, embellished pockets & flap pockets
  - Full, tiered or bubble skirts
  - Cargo or safari pants with pronounced hip and rear pockets
  - Mid to low-rise waists with wide waistbands

## Vertically: What to Wear?

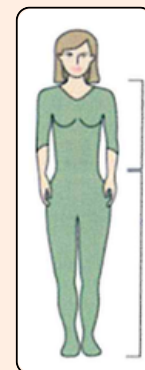
### Legs are long & Torso is short?

- Longer tops belted to define the waist
- Longer jackets with defined waist
- Longer tops that hang past the hips
- Straight leg capris



### Legs are short & Torso is long?

- Shorten tops to not cover crotch
- Cropped sleeves and tops
- Tuck tops in & add belt to emphasize waist
- Long pants (no capris)
- Heels



# Hourglass Body Type

⌘ HOURGLASS

## Characteristics

The characteristics of the **hourglass** body type:

- Bust and hips are well balanced
- Defined waist
- Gently rounded shoulders that align with hips
- Waist is obvious and gracefully curves out to hips



## Suggested Alterations

- Take in waist in shirts and jackets
- Add snaps to front closure blouses
- Take in waist to eliminate gap in the back of the pants
- Pant hem is long to lengthen the leg with longer pants and a heel
- Take in the sides to a straight or boot leg line from the widest part of leg
- Darts on shirt to emphasize waist and narrow upper body
- Sew pockets closed

## What to do?

- Proportionally dress the top and bottom while accentuating the waist.

## How

- Wide belts over shirts and dresses are a great way to show off waists- always try to maintain balance.

## Horizontally: What to Wear?

### Tops

- Tops should accentuate the waist and maintain the balanced look of figure
  - Belted tops
  - Tops with banding or nipping at the waist
  - Form-fitting tops
  - Wrap-style tops
  - Tailored shirts and jackets

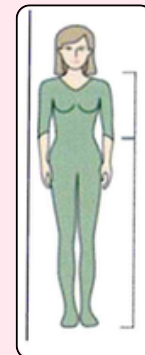
### Bottoms

- Bottoms will work as long as they are paired with the proper top
  - High-waisted pants and pencil skirts
  - Boot cut & straight leg pants
  - Skirts that will show off legs
  - Skinny jeans and pants paired with a balanced top
  - Cargos or flap pocket jeans paired with a balanced top

## Vertically: What to Wear?

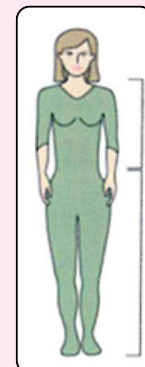
### Legs are long & Torso is short?

- Longer tops belted to define the waist
- Long fly away cardigans to minimize but create a long look
- Longer tops that hang past the hips
- Long wrap tops that hang past the hips



### Legs are short & Torso is long?

- Shorten tops to not cover crotch
- Shorter skirts
- Cropped sleeves and tops
- Tuck tops in & add belt to emphasize waist
- Long pants (no capris)
- Heels



# Diamond Body Type



## Characteristics

The characteristics of the **diamond** body type:

- Hips are broader than bust and shoulders
- Full midsection
- Undefined waist and is the widest part
- Most likely heavy upper legs, slimmer lower legs
- Most likely proportionately slender, shapely arms



## Suggested Alterations

- Jacket sides/shoulders
- Shorten shirts to not cover crotch
- Take in waist in shirts and jacket
- Take in the sides to a straight or boot leg line from the widest part of the leg
- Darts on shirt to emphasize waist and narrow upper body
- Sew pockets closed

## What to do?

- Balance shoulders and bust with hips while creating a waist.

## How

- Choose clothing that adds curves and fullness to upper body with appropriate clothing cuts while choosing pants and skirts that will lean and lengthen lower body.

## Horizontally: What to Wear?

### Tops

- Tops should help create a more defined waist and accentuate shoulders and bust
  - Tops with nipped or belted waists
  - Off the shoulder, boat-neck tops, wide V or U necks
  - Structured shoulders, princess or flutter sleeves
  - Embellishments around the bust and shoulders
  - Tops that are full, rushed or flowing around the bust
  - Jacket that nip in at the waist
  - Un-tucked tops

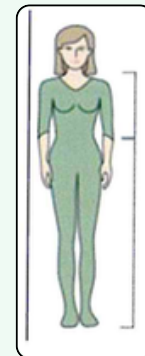
### Bottoms

- Bottoms that will lean and lengthen the lower half
  - Pants with legs that fall straight from the widest part of the hip
  - Choose dark coloured bottoms
  - Choose pants with simple back and hip pockets
  - Lightly gathered or A-line skirts that skim the figure
  - Straight skirts that fall from the widest part of the hip

## Vertically: What to Wear?

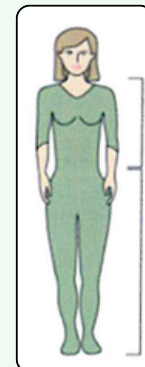
### Legs are long & Torso is short?

- Longer tops belted to define the waist
- Empire waistline
- Longer jackets with defined waist
- Long wrap tops that hang past the hips



### Legs are short & Torso is long?

- Shorten tops to not cover crotch
- Shorter skirts
- Cropped sleeves and tops
- Long pants (no capris)
- Heels



# Oval Body Type

OVAL

## Characteristics

The characteristics of the **oval** body type:

- Large bust
- Narrow hips
- Full midsection
- Waist is undefined and the widest part of frame
- Full, shorter neck & full face



## Suggested Alterations

- Jacket sides/shoulders
- Shorten shirts to not cover crotch
- Take in waist in shirts and jacket
- Take in the sides to a straight or boot leg line from the widest part of the leg
- Darts on shirt to emphasize waist and narrow upper body
- Sew pockets closed

## What to do?

- De-emphasize the midsection and create a more defined waist.

## How

- Choose clothing that adds curves and fullness to lower body and tops that taper to a waist.

## Horizontally: What to Wear?

### Tops

- Tops that will taper the upper body while creating a more defined waist/ draw attention to the face
  - Tops with nipped or belted waists
  - Square, wide V or U necks
  - Wrap style tops and jackets
  - Tops with vertical details
  - Tops that flare at the hip

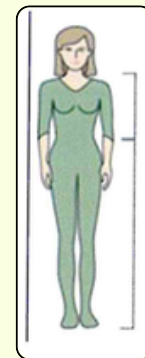
### Bottoms

- Bottoms that will minimize the lower half
  - Pants with full or wide legs
  - Go for details such as whiskering, embellished pockets & flap pockets
  - Full, tiered, flared or bubble skirts
  - Cargo or safari pants with pronounced hip and rear pockets
  - Mid-rise waists with wide waistbands

## Vertically: What to Wear?

### Legs are long & Torso is short?

- Longer tops belted to define the waist
- Empire waistline
- Longer jackets with defined waist
- Long wrap tops that hang past the hips



### Legs are short & Torso is long?

- Shorten tops to not cover crotch
- Shorter skirts
- Cropped sleeves and tops
- Long pants (no capris)
- Heels

