**Body Shape Types**

**Company: JumpCut Theatre**

**Production: Username**

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| **Body Shapes Types** | **Descriptions** |
| **The Neat Hourglass** | **Build is characterised by:**  A defined bust  A defined waist  A neat bottom  Neat hips |
| **The Full Hourglass** | **Build is characterised by:**  Larger thighs  A rounded bottom and hips  A small waist  A fuller bust |
| **The Apple** | **Build is characterised by:**  Rounder shoulder line and flattish bottom  Average to big bust  Fullness around the middle area  Good legs |
| **The Pear** | **Build is characterised by:**  Full hips or thighs  A defined waist  Shoulders that are narrower than your hips  A small top half  A small bust |
| **The Inverted Triangle** | **Build is characterised by:**  Bottom half is smaller than your top  Little definition between waist and hips  Flat hips and bottom  Straight and squared shoulder line |
| **The Lean Column** | **Build is characterised by:**  Narrow shoulders  Flat chest or small bust  Small and non-defined waist  Narrow hips and flat bottom |
| **The Rectangle** | **Build is characterised by:**  Straight shoulder line and ribcage  Straight hips and bottom  Very little waist definition  Average tummy |