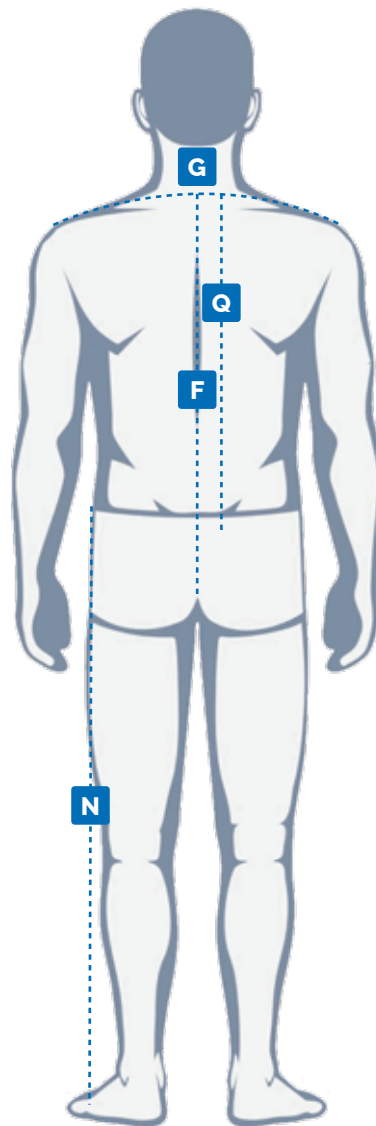
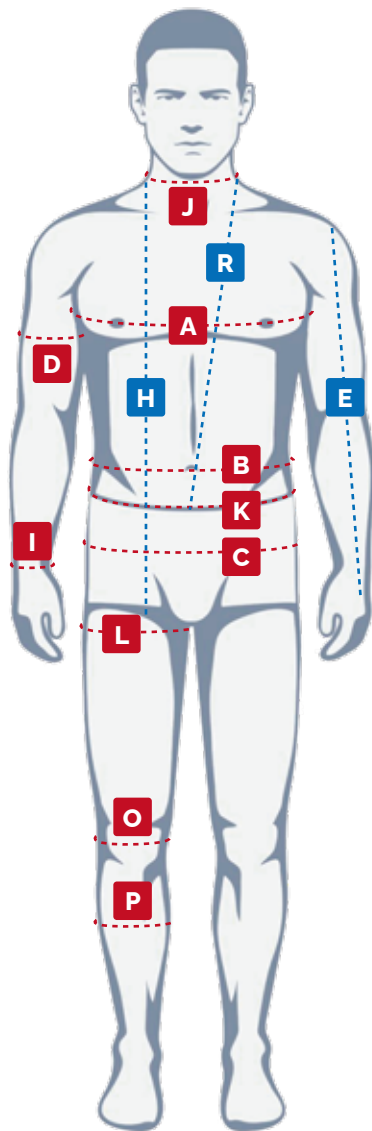


Measurement Guide

Version 2022.11

So easy!



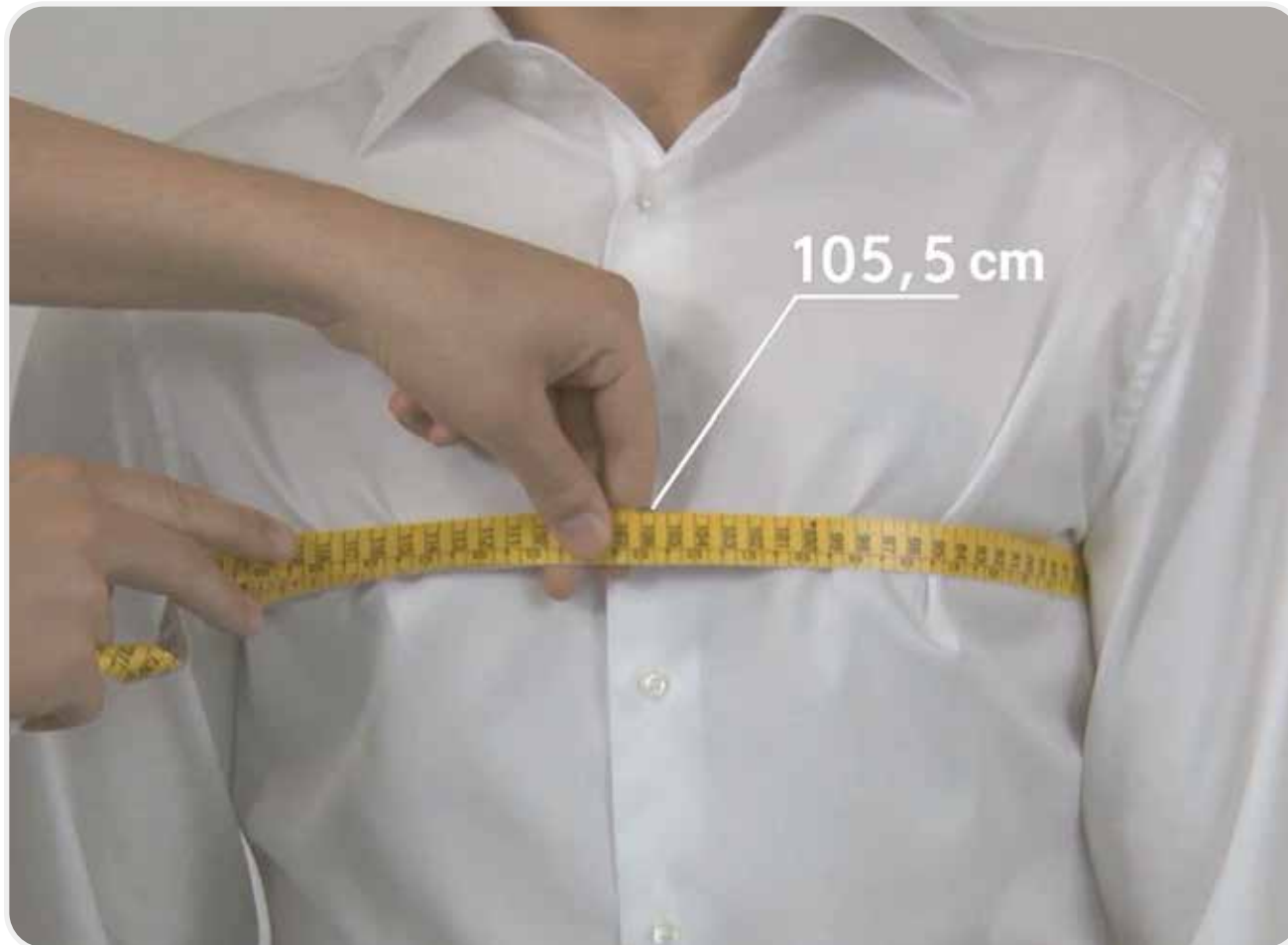


- A** Chest
- B** Stomach
- C** Seat (Hips)
- D** Bicep
- E** Sleeve length
- F** Jacket back length
- G** Shoulder
- H** Jacket front length
- I** Wrist
- J** Neck
- K** Pants waist
- L** Thigh
- M** U-crotch
- N** Pants length
- O** Knee
- P** Calf
- Q** Waistcoat back length
- R** Waistcoat front length

----- Circumference

----- Length

A CHEST



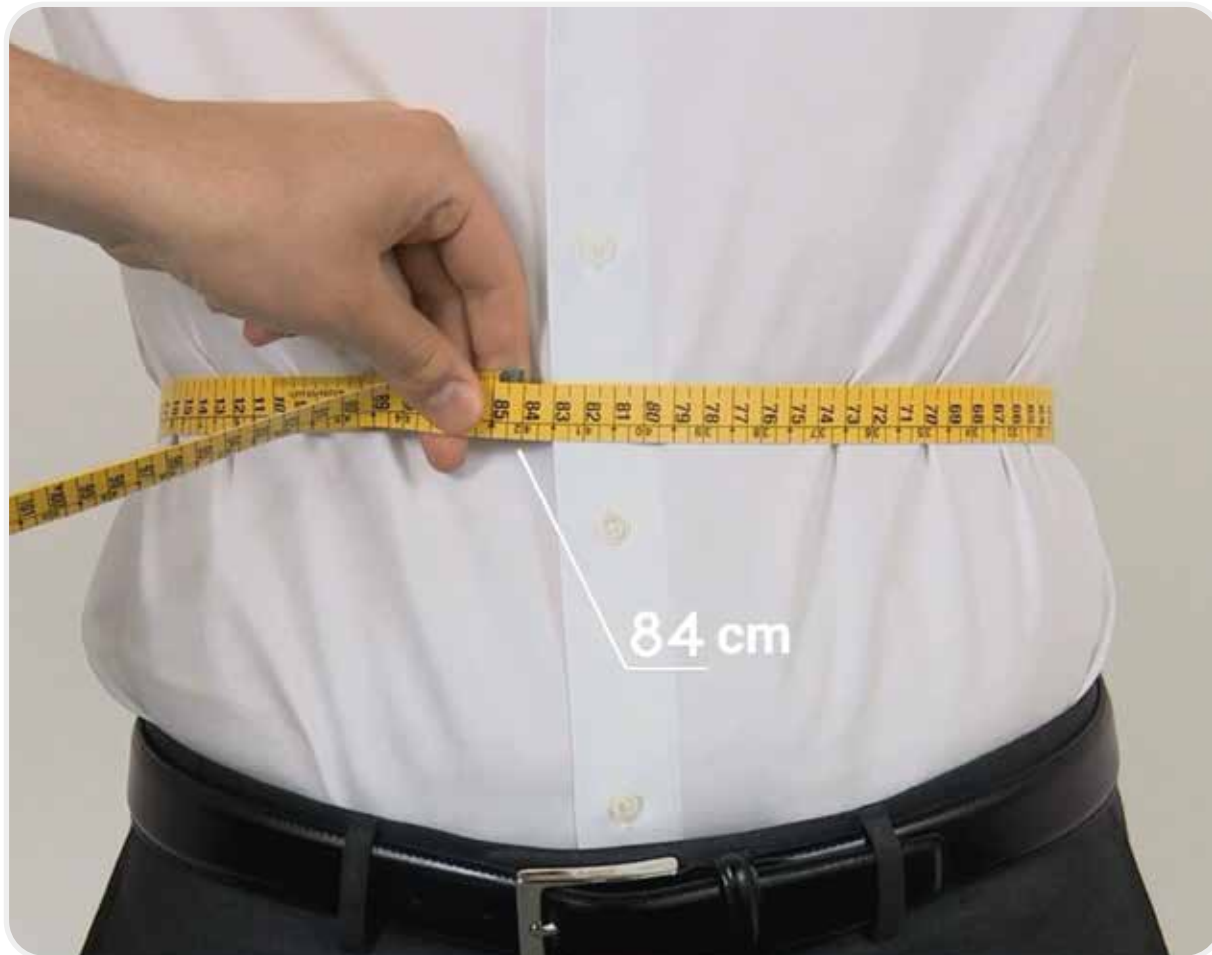
Basic

Measure around your chest beneath your armpits, and in line with your nipples.

Tips

- Keep your arms relaxed at your sides.
- Measure around the widest part of the chest.
- Ensure the tape measure is level all the way around.
- Leave two fingers worth of space within the tape.

B STOMACH



Basic

Wrap the tape measure around your stomach in line with your belly button.

Tips

- Measure around the widest part of the stomach.
- Ensure the tape measure is level all the way around.
- Leave two fingers worth of space within the tape.
- Don't hold your breath, relax your stomach.

C SEAT (HIPS)



Basic

Start with your feet together. Wrap the tape measure around your hips at the widest part of your seat. Ensure the tape measure is level all the way around.

Tips

- Leave two fingers worth of space within the tape.
- Be sure to measure to wear a pair of pants that are not too much brushing (so best not jeans).
- Previously empty pockets.

D BICEP



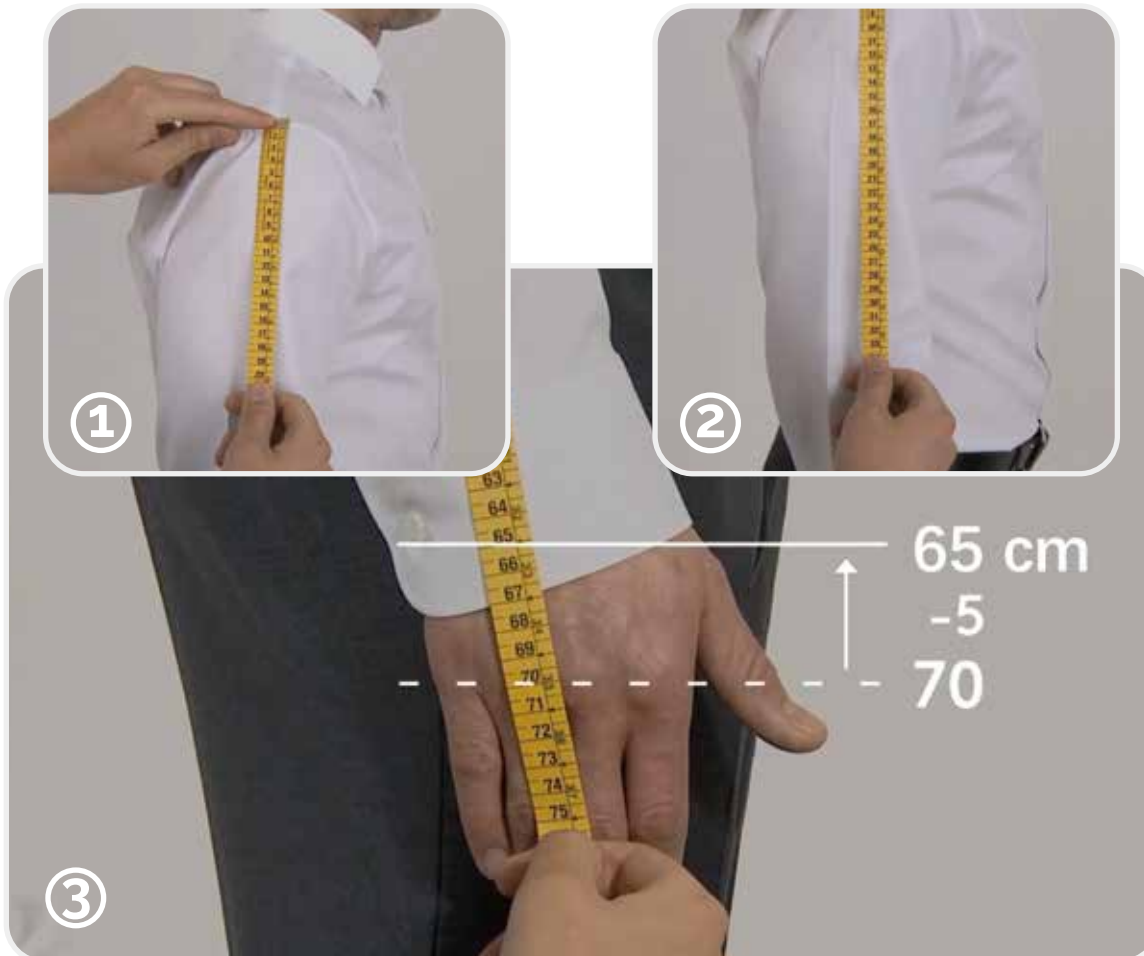
Basic

Relax your arms at your sides. Wrap the tape measure around your bicep.

Tips

- Leave a forefinger's worth of space within the tape.
- Measure around the widest part of the bicep.

E SLEEVE LENGTH



Basic

Relax your arms. Measure the length in three steps.

1. Start from the bone at the top edge of your shoulder and measure to your elbow.
2. Hold the tape measure at the elbow.
3. Continue measuring to the upper knuckle of your forefinger. Then **remove 5cm**, it is the sleeve length needed.

Tip

- Above is the standard sleeve length measurement method, sleeve length can be adjusted according to needs.

F JACKET BACK LENGTH



Basic

Relax your arms. Measure from the top bone of your spine to the point where you want your jacket to end.

Tips

- The top bone of your spine, usually it is at the bottom of the shirt collar.
- If wearing T-shirt (without collar), put the tape around the neck as a collar to find out the starting point of measurement.
- Normally the back length ends in line with your first thumb joint.

G SHOULDER



Basic

Identify the bones at the top edge of each shoulder. Measure from bone to bone, over the natural curve of your back.

Tips

- The end of the shoulder measure is where the sleeve length is taken from.
- The tape must go along with the shoulder's curve shape, passes through the bottom of the neck.

H JACKET FRONT LENGTH**Basic**

- Measure straight down from the base of the neck, run the tape straight down until it's in line with your first thumb joint.

Tip

- The base of the neck is the point where the shoulder and neck meet.

I WRIST



Basic

Wrap the tape measure around your wrist, just below your wrist bone.

Tip

- Leave without finger space within the tape.

J NECK



Basic

Measure around the neck over the Adam's apple, following its natural curve. The measuring tape should be comfortably touching the skin, with enough room so that you do not feel restricted.

Tip

- Leave a forefinger's worth of space within the tape.

K PANTS WAIST**Basic**

Measure around the circumference where you would wear your dress pants. Generally it is four fingers down the belly button. Ensure the tape measure is level all the way around.

Tips

- Before measuring, locate your waist band to your preference level.
- Leave two fingers worth of space within the tape.
- The same waist band will be required to measure the pants length and the U-crotch.

L THIGH



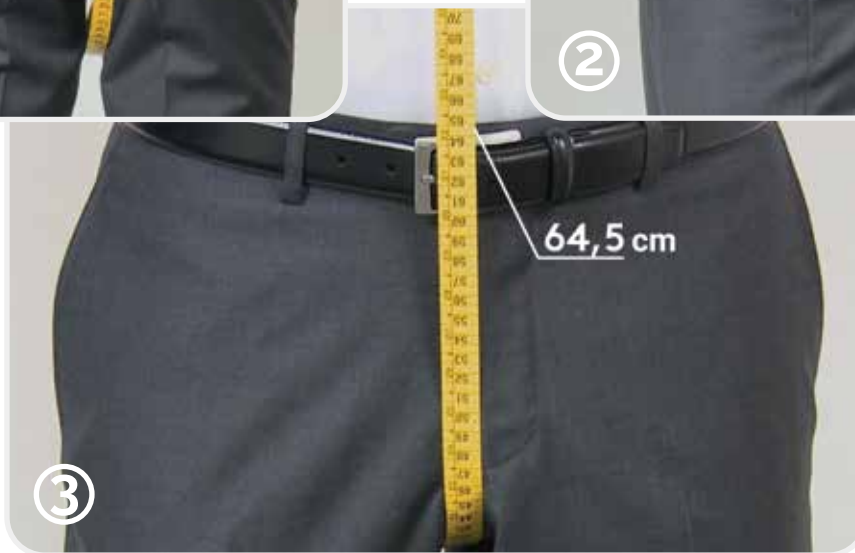
Basic

Wrap the tape measure around your thigh just below the crotch. Ensure the tape measure is level all the way around.

Tips

- Measure the widest part of your thigh.
- Leave two fingers worth of space within the tape.

M U-CROTCH



Basic

Locate your waist where you want to wear your pants.

Mark the center front and center back points and remove the tape measure.

Hold the metal tip of the tape measure at the front point.

Measure from here to the opposite point on your back, keeping the tape measure centered and snug.

Tip

- It is important to maintain the tape close to the body.

N PANTS LENGTH



Basic

Locate your waist where you want to wear your pants.

Mark a point at one side and remove the tape measure. Measure your leg from that point straight down to the floor.

Remove 3cm it is the pants length needed.

Tip

- Above is the standard pants length measurement method, pants length can be adjusted according to needs.

KNEE



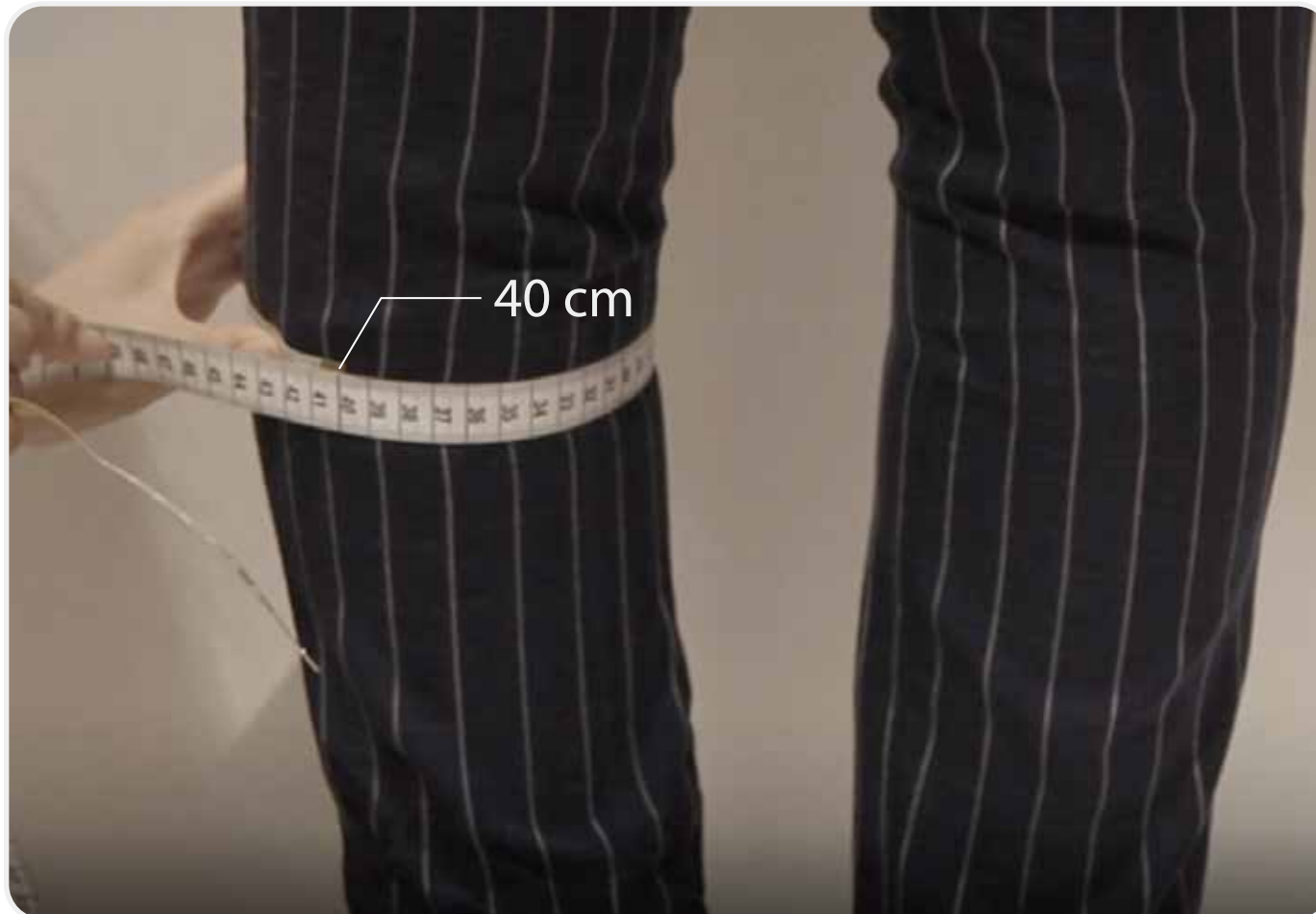
Basic

Wrap the tape measure around your knee cap at the widest part. Ensure the tape measure is level all the way around.

Tip

- Leave two fingers worth of space within the tape.

P CALF



Basic

- Wrap the tape measure around the widest part of your calf. Ensure the tape measure is level all the way around.

Tip

- Don't put fingers within the tape.

Q WAISTCOAT BACK LENGTH



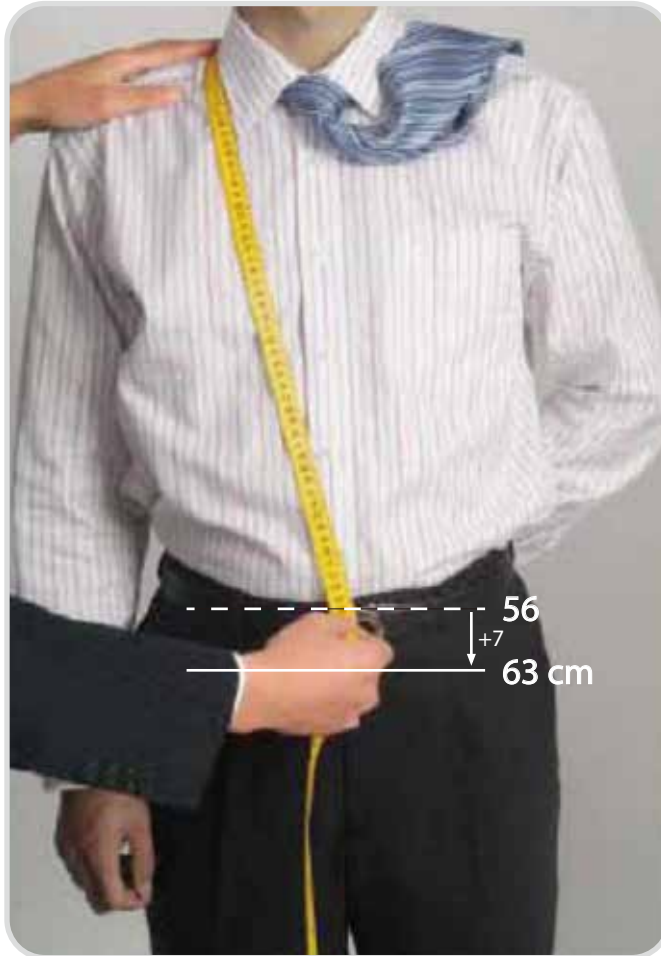
Basic

Measure from the top bone of your spine to the top of your waistband.

Add 5cm it is the waistcoat back length needed.

Tip

- The top bone of your spine, usually it is at the bottom of the shirt collar.

R WAISTCOAT FRONT LENGTH**Basic**

Start from the base of the neck, measure to the top of your waistband.

Add 7cm it is the waistcoat front length needed.

Tip

- The base of the neck is the point where the shoulder and neck meet.