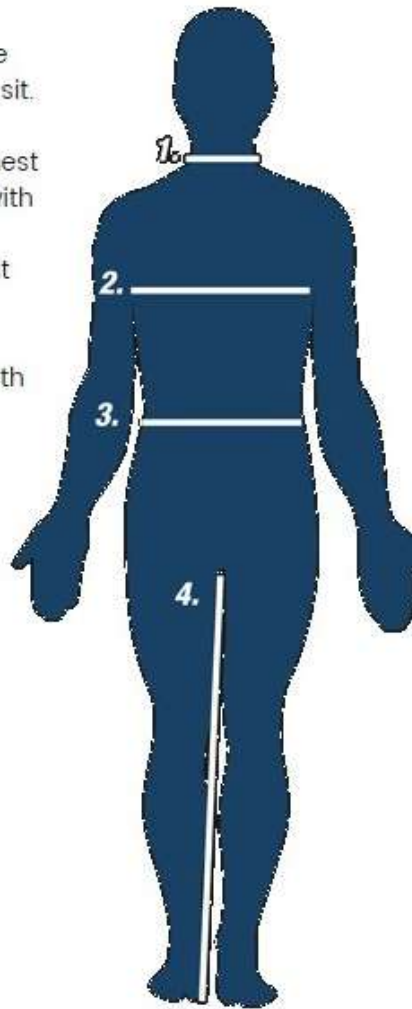


How to measure

MALE

- 1. NECK** Measure around the neck where the top of the shirt collar would sit.
- 2. CHEST** Standing naturally, measure around the fullest part of the chest and shoulder, under the arms with your arms at resting position.
- 3. WAIST** Measure over undergarments at the natural waistline (usually approx. 1cm below the navel).
- 4. IN-LEG** Measure from crotch to floor, with shoes.



NECK 1. _____

CHEST 2. _____

WAIST 3. _____

4. LEG
INSEAM: _____

LEG LENGTH: _____