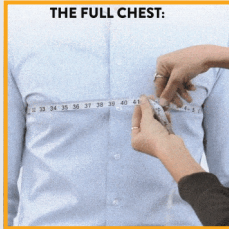


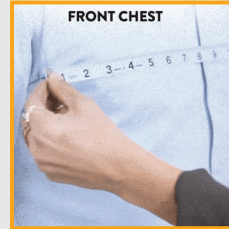
### **The Full Chest:**

One of the most important measurements. Because it is a girth measurement think of the tape cutting the chest right in half at the nipple. Make sure the tape is parallel to the ground in front and back, it is helpful to hold the two ends of the tape in one hand while using the other to adjust in the back. This allows you to make sure the tape is even, again make sure the tape is snug but has enough slack to gently slide left and right read the tape at high level.



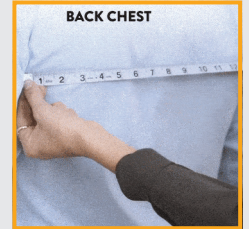
### **Front Chest:**

The front chest is for posture reference. Measure the width of the chest from armpit to armpit don't dig into the armpit but start at the point where the arm meets the chest, again measure at or just above the nipples.



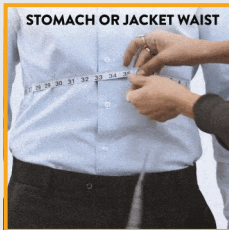
### **Back Measurements:**

Measure the width of the back from armpit to armpit across the shoulder blades don't dig into the armpit but start at the point where the arm meets the back read tape at eye level.



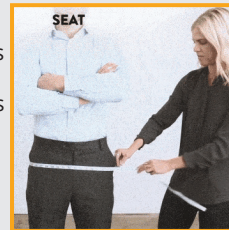
### **Jacket Waist:**

With the tape ends in one, measure the circumference of the abdomen about one inch above the belly button make sure the tape is parallel to the ground across the front and back. Make sure the tape is snug enough but allows for some movement.



### **Seat Measurements:**

This is critical not just for suit jackets but for shirts and pants as well. Measure the circumference of the seat at the widest portion of the hip and buttocks area as always make sure the tape is parallel to the ground across the front side and back. Find the meatiest part of the buttocks this frequently but not always corresponds to where the pelvic and femur joints meet.



### **Shoulder Measurements:**

This is critical because of its bearing on the arm length and then the difficulty of altering measure across the top of the shoulders. Starting and stopping just outside the edge of the chromium bones make sure that the middle of the tape lands on the protruding spine bone on the back of the neck. For example a 20 inch shoulder should read 10:00 in the middle of the spine bone.



### **Sleeve Length:**

Start at the edge of the Acromion bone on the shoulder, stopping at the outside edge of the elbow and ending one inch past where the wrist bends. It is essential that you start to the exact spot where you ended with the shoulder measurement, at the end of the Acromion bone.



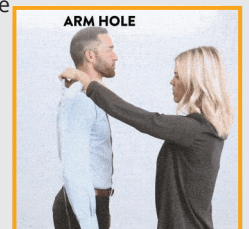
### **Jacket Length**

Start on top of the shoulder at the intersection of the shoulder and neck, this is the high point of the Trapezius muscle. Measure straight down to where the fingers come out from the palm this is typically at the bottom of the crotch. Make sure to be looking straight forward a downward facing head can alter the measurement.



### **Armhole:**

Lift your dominant arm, start at the top of the shoulder and loop around under the armpit, again connecting at the top of the shoulder then relax your arm down to your side the tape shouldn't be too tight or too loose but snug in your armpit when your arms are at your side.



### **Bicep:**

Measure the circumference of the bicep at the largest point this is typically at the same height as your nipple.



### **Forearm:**

Measure the circumference of the forearm at the largest point this point is not the elbow bone but just below. It is where the forearm muscle is the biggest.



### **Wrist:**

Measure the circumference of the wrist at the largest point this is typically over the wrist knuckle.



### Neck:

Measure the circumference of the neck just below the Adam's apple. Usually you will know this measurement as a corresponds to the shirt size as they purchase off the rack. You might move your head around or put a finger between the tape and the body to make sure it feels comfortable.



### Front Vest:

Starting at the same point as the jacket or shirt length at the base of the neck and top of the Trapezius muscle measure straight down looking forward and measured to the bottom of your waistline.



### Back Vest:

Starting at the same point from the front vest measurement measured down the back in a straight line until the bottom of the waist line.



### Waist:

Decide where you want to wear your suit pants on your waist and pull your pants to that exact height. Measure the circumference of the waist at that point using the waist line as a guide. Make sure the tape does not hike up too high on your back. You should remove your belt and measure around the pants you are wearing, but be sure to pull it tight so that if you do the bulkiness of the pants don't make your measurement bigger than it should be. This measurement should be our true waist size.



### Crotch:

Begin at the top of the waistband in the front and measured down under the crotch. Coming up to the top of the waistband in the back make sure that you have your pants situated on your waist where you want to wear your suit pants. Make sure you are comfortable with how tight or loose you have pulled the tape.



### Out Seam:

Starting at the top of the waistband measure the length of the pants for a full break and if you are not wearing shoes measure to the floor. If you are wearing shoes measure to the top of the soles of his shoes which is the same place as the floor. If you were not wearing shoes for a slight break or no break measure the same distance but subtract anywhere from 0.5 to 1.25 inches depending on your fit preference. (Break: Fold at bottom of pant leg)



### Thigh:

Measure the circumference of the thigh just an inch or two below your crotch this should be at the meatiest section of the thigh. Make sure the tape is parallel to the ground front and back.



### Knee:

Measure the circumference of the knee right over the kneecap or patella bone make sure the tape is parallel to the ground in front and back.



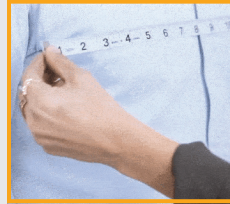
**The Full Chest:**

Full Chest (Fullest Point)

 inches

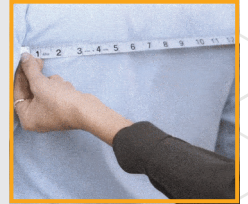
**Front Chest:**

Front (Armpit to Armpit)

 inches

**Back Measurements:**

Back Width

 inches

**Jacket Waist:**

Jacket Waist

 inches

**Seat Measurements:**

Seat

 inches

**Shoulder Measurements:**

Full Shoulder

 inches

**Sleeve Length:**

Left Sleeve

 inches

Right Sleeve

 inches

**Jacket Length:**

Length

 inches

**Armhole:**

Arm Measurement

 inches

**Bicep:**

Bicep Circumference

 inches

**Forearm:**

Forearm Circumference

 inches

**Wrist:**

Wrist Circumference

 inches

**Neck:**

Neck Circumference

*inches*

**Front Vest:**

Front Vest Length

*inches*

**Back Vest:**

Back Vest Length

*inches*

**Waist:**

Waist Circumference

*inches*

**Crotch:**

Crotch Measurement

*inches*

**Out Seam:**

Out Seam Length

*inches*

**Thigh:**

Thigh Circumference

*inches*

**Knee:**

Knee Circumference

*inches*