







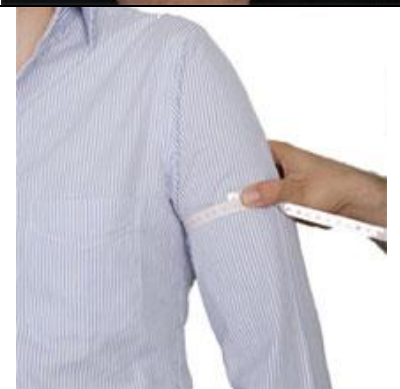


Body Measurements For Shirt

(Ask a friend for help or have your local tailor measure you based on our guide)

	<p>1. Chest Measure around the widest part of your chest (Below the armpits and across the nipples) Tips: <ul style="list-style-type: none"> • Relax and stand straight • Do not overflate your chest • You should allow one finger/two fingers (small hands) inside the tape measure • Make sure tape measure is level around body </p>
	<p>2. Stomach Measure around the waist part of your stomach This is generally across the belly Tips: <ul style="list-style-type: none"> • Do not suck in – relax, very important! • Allow room for breathing • You should allow one finger/two fingers (small hands) inside the tape measure Make sure tape measure is level around body</p>
	<p>3. Hips Wearing trousers, measure around the fullest part of your hips, placing a finger between your body and the tape. Make sure the tape is straight at all times. Make sure pockets are empty <ul style="list-style-type: none"> • Allow room for breathing • You should allow one finger/two fingers (small hands) inside the tape measure • Make sure tape measure is level around body </p>
	<p>4. Shoulders Find the shoulder bones by placing your hands on the side of arm. Place the tape measure on top of the shoulders. measuring from the farthest outside point of the shoulder to other, passing over the center bone at the neck Tips: <ul style="list-style-type: none"> • Most of f – the – rack shirts fit very poorly and the seam runs halfway down the arm. Do not measure at this seam .A proper fit should have the seam end right at the shoulder bone</p>
	<p>5. Sleeves Wearing a shirt that you like, measure with arm at your side, from the shoulder's seam all along the arm until you find the desired length. Your measurement will be the length of your jacket sleeve. We recommend that the sleeve should go to the base of your thumb (located at the wrist joint)</p>
	<p>6. Length The jacket length is measured from where neck and shoulder meet and straight down to the middle of the thumb on the same side, or where you want the jacket to end.</p>

	<p>7. Neck Measure the bottom/base of the neck allow for one finger/two fingers (small hands) to fit between your neck and the tape measure. Tips: • Keep it comfortable • You should not be restricted by the tape measure</p>
	<p>8. Wrist Measure the actual wrist size around your wrist bone. You may also consider adding 1/4" to 1/2" to your size if you wear medium to heavier watches. Wrist.</p>
	<p>9. Arm Size Measure the arm size under the armpit at the largest part of your arm without tensing your muscle.</p>