



How to take Measurements Men's

Head

At the back of the head is a ridge, when measuring around the head make sure that the tape measure is over this ridge and then wraps up around the forehead

Chest

Arms out to the side like a tree, place the tape measure around the back over the bottom of the shoulder blades under the arms and over the chest roughly in line with the nipples

Waist

The waist is the smallest part of the trunk of the body. If your struggling use the line of the belly button.

Hips

The hip measurement goes around the fullest part of the hips and the bottom.

Inside Leg

As the person you are measuring to hold the tape measure against their leg as high into the groin as is comfortable (generally where the crotch of the trouser sit) from here measure down the leg to the sole of the foot. Preferably do this bare foot.

