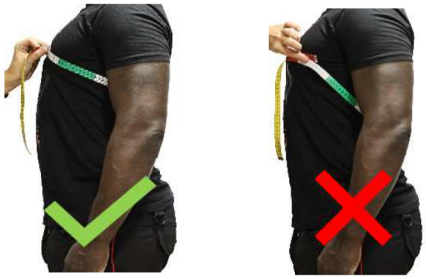
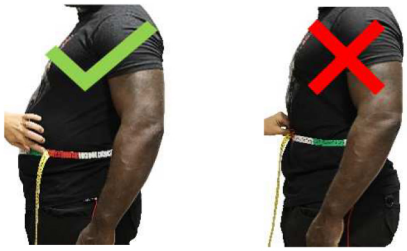
MEASUREMENTS : THE TIPS!

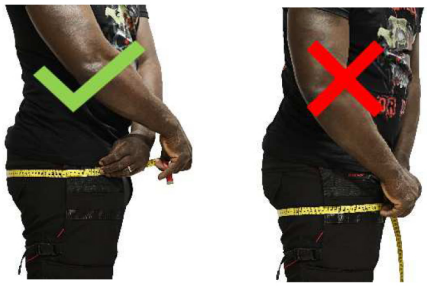
1. **Chest size.** Stand straight and inflate your chest as much as possible.



2. **Waist size.** Place the centimeter at the waist navel level and inflate the belly as much as possible.



3. **Hip circumference**. The centimeter should measure around the “mid-buttocks”.



4. **Thigh circumference**. With empty pockets it is necessary to measure the upper part of the thigh, only one thigh.

5. **Back length.** The measurement is taken from the neck (T-shirt) to the coccyx "middle of the buttocks".

6. **Arm length.** The measurement is taken from the neck (T-shirt), passing through the elbow and the centimeter must stop where you want the sleeve of the jacket to end.

7. **Inseam.** The measurement goes from the seam of the pants (shell) to halfway up the shoes.

8. **Total leg length.** The measurement goes from the hip bone to the floor. Stand up straight.

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QUESTIONS?

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