

Measurement Guide

Step-by-Step to your measure suit: it's that easy

What You need

- a measure tape (with cm scale)
- about 15 minutes time
- a person help You with the measurement

Print this table out, to transfer manually the weights later

Your personal suit mass

1	Chest	cm
2	Waist	cm
3	Seat	cm
4	Jacket Length	cm
5	Front Width	cm
6	Rear Width	cm
7	Armhole	cm
8	Biceps	cm
9	Shoulder	cm
10	Sleeve Length	cm
11	Trousers Length	cm
12	Waistband	cm
13	Stride Length	cm
14	Tigh	cm
15	Knee	cm
16	Ankles	cm

IMPORTANT NOTE: Allowance DO NOT FORGET!

Please keep the measure tape so loose that still fit one finger between the tape and body with each orbiting Mass (Steps 1, 2, 7, 8, 12, 14 & 15).

1



Chest

Place the tape measure around the widest part of the chest - this is most direct in men below the armpits. To take measure exhale.

Tip: Make sure that the tape measure is resting directly on the nipples and the back straight.

2



Waist

Measure the circumference of your torso to the navel height. Here again: standing comfortably, exhale.

3



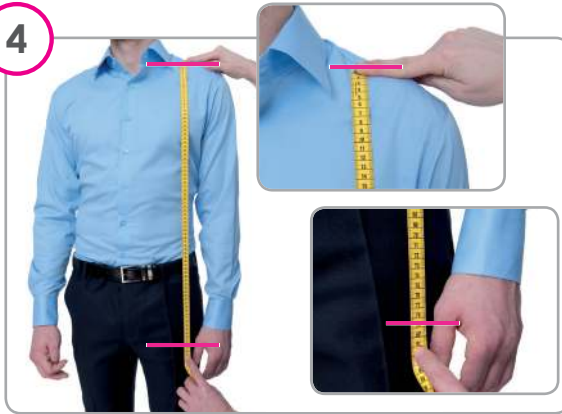
Seat

Set for measuring the tape around the widest part of your buttocks.

Tip: Be sure to measure to wear a pair of pants that are not too much brushing (so best not jeans). And previously empty pockets!

Step-by-Step to your measure suit: it's that easy

4



Jacket Length

Place the tape measure from the shoulder seam close to the neck straight forward to the body. Keep your arm stretched on the body, and measure the length up to the thumb joint.

Tip: This measure can be, if any take over, even by a well-fitting jacket.

7



Armhole

Place the tape measure for this value close to the body to the shoulder over the shoulder.

5



Front Width

Measure the width of your front jackets. For this purpose, place the tape measure horizontally at chest level - and in each case just below the armpit to the point where overlap arm and chest.

8



Biceps

Measure your right (Right-handed) or left (Left-handed) arm at the widest point in the relaxed state.

6



Rear Width

The rear width of the jacket is measured back to chest level - horizontally at applied arms below the shoulders by an arm-back crossover point to another.

9



Shoulder

Measure from shoulder to shoulder. Make sure that both ends are at an altitude. It is important this measure to take exact because from here the sleeve length is taken.

Tip: A good landmark is the "outer edge" of the shoulder bone.

10



Sleeve Length

Place the tape measure at the point where, to which you have measured in Step 9. Measure with an outstretched arm to the thumb approach for a standard length. Do you wish that the jacket sleeves are shorter than the shirt sleeves, unplug two centimeters from the measured value.

13



Stride Length

Run the tape measure from the front waistband end straight through between the legs to the back of the waistband end.

Tip: For this value it is important to maintain the belt close to the body.

11



Trousers Length

Place the tape measure from the federal government just down to the desired end of the trouser legs. To get an optimal result, you measure with shoes to the top of the shoe sole.

14



Thigh

Place the measure tape around the widest part of the thigh. Hold the tape to measure so loose that still fit one finger between the leg and band.

12



Waistband

To determine this value optimally, it is recommended to measure to attract a well-fitting pants. Measure the circumference of the fuselage directly above the waistband, hold the tape measure closely to the body.

15



Knee

Measure the circumference at the widest part of the knee.

16



Ankles

To determine the width of the leg bands, place the tape measure around the heel to the point on the instep where the leg intended to rest.