

# Measurement Guide Shirt

## What You need

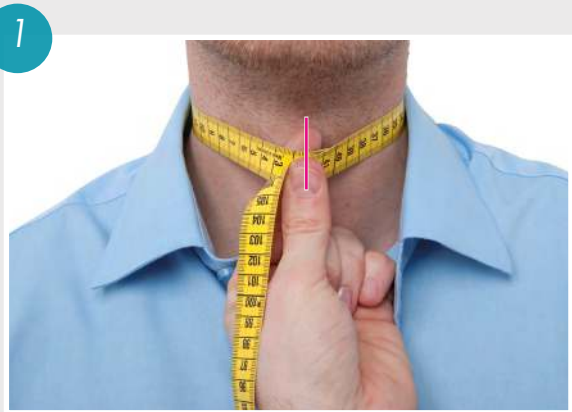
- a measure tape (centimeter scale)
- 10 minutes time
- a person who helps you in measuring

Print this table out, to transfer manually the weights later.

## Your personal shirt mass

1	Collar	cm
2	Chest	cm
3	Waist	cm
4	Seat	cm
5	Biceps	cm
6	Shoulder	cm
7	Sleeve	cm
8	Wrist	cm
9	Shirt Length	cm

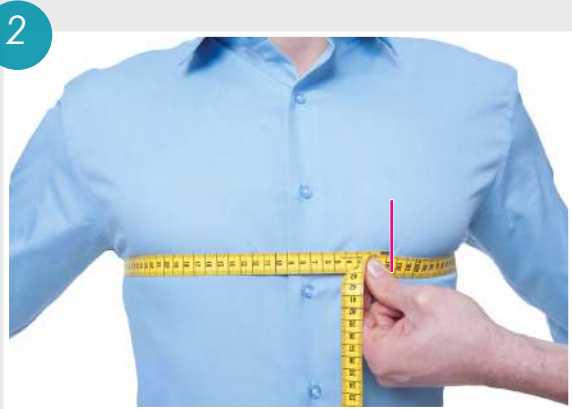
Important note: Allowance not forget!  
Please keep in each orbiting Mass (Steps 1, 2, 3, 4, 5 and 8), the tape measure so loose that still fit one finger between the tape and body.



### Collar

Stand up straight and relaxed way, so you just made.

Place the tape measure around your neck so that it loosely on his shoulders rests (half finger width space between the measuring tape and neck).



### Chest

Place the tape measure around the widest part of the chest - this is usually just below the shoulders. To take measure exhale.

Tip: Make sure that the measuring tape directly over the nipples and on the back straight rests with about one cm of space between the measuring tape and body.



### Waist

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

Tip: If you are somewhat corpulent, choose the fullest part of your abdomen.

4



### 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. And before that necessarily Pockets empty!*

5



### Biceps

Measure your right (right-handed) or the left (left-handed) upper arm at the widest point in the relaxed State.

6



### Shoulder

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

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

7



### Sleeve

Place the tape measure at the exact spot to which you measured in Step. 6 Put the tape around the Elbow and measure up to the wrist.

*Tip: To order a short-sleeved shirt, measure up to the point where later the sleeves should end.*

8



### Wrist

Place the tape measure to measure around the widest part of the wrist and add 1 cm.

9



### Shirt Length

To determine the total length of your shirt, measure from the top of your shoulders next to the neck to the end of your buttocks.

*Tip: Planning a shirt with round hem are about 6 cm shorter on the sides than in back.*