
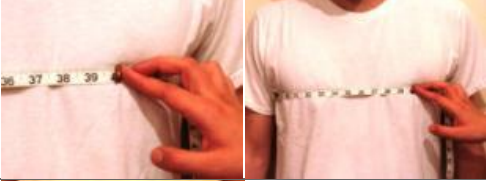


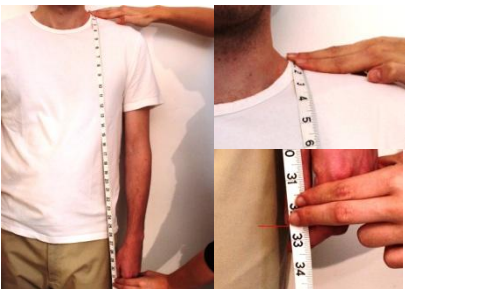



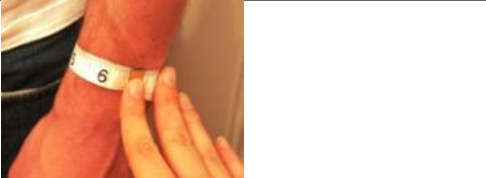


Measurement	Image	Body Measurement (BM)	Measured
Neck		Measure around your neck where a collar would be when fastened. The tape should not be too tight	
Chest		The tape should be just under the armpits then measure around the upper (fullest) part of the chest. Naturally inhale a little but do not puff out your chest.	
Waist		The tape should be around the fullest part of the waistline a few inches above the trouser belt line. Do not hold your stomach in.	
Hips		Measure around the fullest part of your hips just below the belt line	
Shirt Length (neck to thumb)		Standing with arms by your side measure from the nape of your neck to the tip of thumb. You should stand in a relaxed manner but not slouching	
Shoulder *		Measure from one shoulder to the other ensuring symmetry around your spine. Mark the exact locations on your shoulder. When taking the measurement stand up straight but don't puff your chest out.	
Arm Length *		From the exact position you used for your shoulders, measure down the length of your arm to start of the Pisiform bone. When taking the measurement stand up straight with your arms relaxed by your side.	
Bicep		With your arm hanging down measure your bicep at the widest part when it's relaxed. Do not flex your muscles.	
Left / Right Wrist		With the tape just up from your Pisiform bone measure your wrist.	