

How to Measure



Sleeve: You will need help recording this measurement. Standing with your hands on your hips, place the measuring tape at the top of your shoulder. Extend the tape down to the elbow and finish at the wrist.



Chest: Standing relaxed, wrap the measuring tape around the widest part of your chest (about one inch under your arms). Hold the measuring tape flat, but not too snug.

Inseam: You might need help with this measurement. Standing tall, with your feet shoulder-width apart, hold the tape from the top of your inner thigh to the bottom of your inner ankle.

Waist: Measure your natural waist by finding the area between the bottom of your rib cage and the top of your hips. Take a deep breath in and out to relax. Loosely wrap the tape around your waist.

