J.JALINE HOW TO MEASURE MEN

MENS MEASUREMENT

A) NECK MEASUREMENT

Measure around the circumference of the base of the neck

B) SHOULDER TO SHOULDER

Measure across the back from shoulder point to shoulder point

C) CHEST

measure around the widest part of the chest, underneath the armholes and across shoulder blades.

D) HIGH WAIST

measure around the widest part of the stomach

E) TROUSER WAIST

measure waist area just below hip bones - generally where trouser waistband sits.

F) OUTSIDE LEG MEASUREMENT

measure the trouser length from underneath the trouser waistband to approx. 2cm above the floor with shoes on

G) SLEEVE LENGTH

measure sleeve length from shoulder point to just below wrist.

G2) SHORT SLEEVE LENGTH

measure sleeve length from shoulder point to approx 2" above elbow.

H) INSIDE LEG MEASUREMENT

measure trouser leg length from the inside leg at the crotch, to approx 2cm above the floor with shoes on

