## JJALIN: 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. 2 cm 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
2 cm above the floor with shoes on


