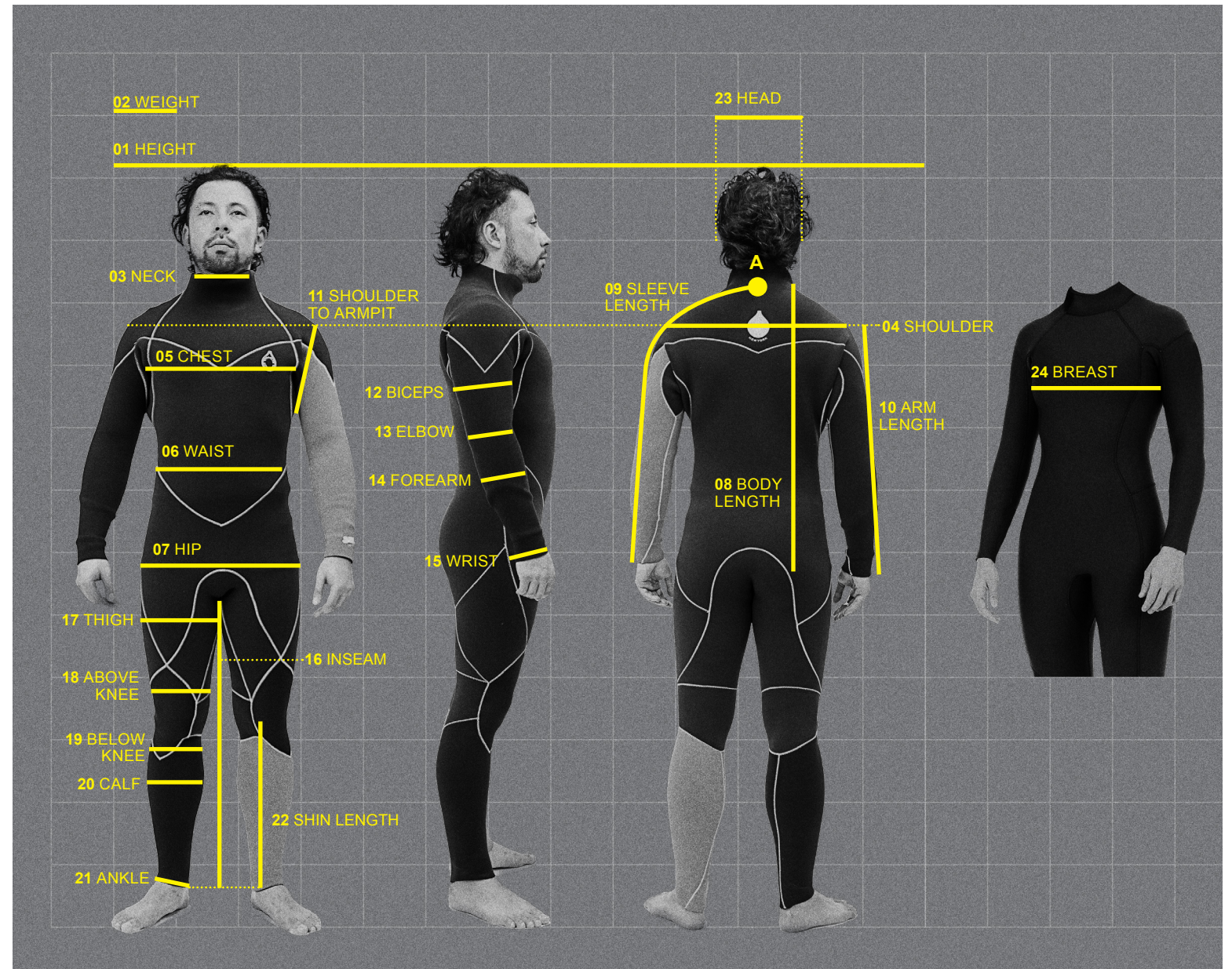


MEASUREMENT GUIDE

STEP 01 / CHECK YOUR BODY PARTS

- **Point A** refers to the bone at the base of your neck, when you tilt slightly forward.
- Have a friend measure you. Self measure will result in inaccuracy.
- Best measured in bathing suit for accuracy. Measure especially precisely around joints.
- After you measure, please check against **AVERAGE SIZE CHART**(PAGE 03-04) to find large discrepancies. Re-measure if the numbers are too off.
- For more accuracy, we recommend measuring each part at least twice.

01	Height	
02	Weight	
03	Neck	the slimmest circumference of your neck, avoiding the Adams's apple
04	Shoulder	from the very right to the very left of your shoulder through point A
05	Chest	the widest circumference of your chest
06	Waist	the slimmest circumference of your waist
07	Hips	the widest circumference of your hip
08	Body Length	from point A to the uppermost point of your inner thigh
09	Sleeve Length	from point A to your wrist through your shoulder tip
10	Arm Length	from shoulder tip to your wrist
11	Shoulder to Armpit	the circumference from your shoulder tip, under your armpits and back to your shoulder tip
12	Bicep	the widest circumference of your bicep
13	Elbow	the slimmest circumference over your elbow with arms extended
14	Forearm	the widest circumference right below the elbow
15	Wrist	the slimmest circumference of your wrist
16	Inseam	length from the uppermost inner thigh to your ankle bone
17	Thigh	the thickest circumference of the upper thigh
18	Above Knee	the circumference right above the knee cap
19	Below Knee	the circumference right under the knee cap
20	Calf	the widest circumference of the calf
21	Ankle	circumference right above the ankle bone
22	Shin Length	measure the side of your leg from the middle of knee cap to your ankle
23	Head	circumference above the ear, through the temple
WOMEN ONLY		
24	Breast	the fullest circumference of your breast



MEASUREMENT GUIDE

STEP 02 / TAKE YOUR MEASUREMENTS

		SIZE (INCH)	NOTE
01	Height		
02	Weight		
03	Neck		
04	Shoulder		
05	Chest		
06	Waist		
07	Hips		
08	Body Length		
09	Sleeve Length		
10	Arm Length		
11	Shoulder to Armpit		
12	Bicep		
13	Elbow		

		SIZE (INCH)	NOTE
14	Forearm		
15	Wrist		
16	Inseam		
17	Thigh		
18	Above Knee		
19	Below Knee		
20	Calf		
21	Ankle		
22	Shin Length		
23	Head		
WOMEN ONLY			
24	Breast		

MEASUREMENT GUIDE

STEP 03 / DOUBLE CHECK YOUR MEASUREMENTS WITH BELOW

AVERAGE SIZE CHART BY HEIGHT FOR MEN

		S		MS		M		MT		MLS		ML		MLT		LS		L		LT		XL		XXL	
01	Height	5'3'	(162 cm)	5'4'	(166 cm)	5'6'	(168 cm)	5'6'	(170 cm)	5'6'	(172 cm)	5'6'	(172 cm)	5'7'	(174 cm)	5'8'	(176 cm)	5'8'	(176 cm)	5'8'	(178 cm)	5'9'	(180 cm)	6'1'	(185cm)
02	Weight	115 lb	(52 kg)	119 lb	(54 kg)	123 lb	(56 kg)	128 lb	(58 kg)	132 lb	(60 kg)	137 lb	(62 kg)	141 lb	(64 kg)	143 lb	(65 kg)	148 lb	(67 kg)	154 lb	(70 kg)	163 lb	(74 kg)	194lb	(88kg)
03	Neck	13 in	(33 cm)	13 in	(34 cm)	14 in	(35 cm)	14 in	(36 cm)	14 in	(35 cm)	14 in	(36 cm)	15 in	(37 cm)	14 in	(36 cm)	15 in	(37 cm)	15 in	(38 cm)	15 in	(39 cm)	17 in	(43cm)
04	Shoulder	16 in	(41 cm)	16 in	(41 cm)	17 in	(42 cm)	17 in	(43 cm)	17 in	(43 cm)	17 in	(44 cm)	17 in	(44 cm)	17 in	(44 cm)	18 in	(45 cm)	18 in	(46 cm)	19 in	(47 cm)	19 in	(49cm)
05	Chest	32 in	(82 cm)	33 in	(84 cm)	34 in	(86 cm)	35 in	(88 cm)	36 in	(90 cm)	36 in	(92 cm)	37 in	(94 cm)	38 in	(96 cm)	39 in	(98 cm)	39 in	(100 cm)	40 in	(102 cm)	42 in	(107cm)
06	Waist	26 in	(66 cm)	27 in	(68 cm)	28 in	(70 cm)	28 in	(72 cm)	28 in	(72 cm)	28 in	(72 cm)	29 in	(74 cm)	29 in	(74 cm)	31 in	(78 cm)	32 in	(80 cm)	32 in	(82 cm)	35 in	(88cm)
07	Hips	32 in	(82 cm)	32 in	(82 cm)	33 in	(84 cm)	34 in	(86 cm)	34 in	(86 cm)	35 in	(88 cm)	35 in	(88 cm)	36 in	(90 cm)	36 in	(92 cm)	37 in	(94 cm)	38 in	(96 cm)	39 in	(100cm)
08	Body Length	25 in	(63 cm)	25 in	(64 cm)	26 in	(65 cm)	26 in	(65 cm)	26 in	(67 cm)	26 in	(67 cm)	26 in	(67 cm)	27 in	(68 cm)	27 in	(68 cm)	27 in	(68 cm)	28 in	(70 cm)	28 in	(70cm)
09	Arm Length	27 in	(69 cm)	28 in	(71 cm)	29 in	(73 cm)	30 in	(75 cm)	29 in	(74 cm)	30 in	(75 cm)	30 in	(77 cm)	30 in	(76 cm)	30 in	(77 cm)	31 in	(79 cm)	32 in	(80 cm)	33 in	(85cm)
10	Sleeve Length	19 in	(49 cm)	20 in	(51 cm)	21 in	(52 cm)	21 in	(54 cm)	21 in	(53 cm)	21 in	(53 cm)	22 in	(55 cm)	21 in	(54 cm)	22 in	(55 cm)	22 in	(56 cm)	22 in	(57 cm)	24 in	(61cm)
11	Shoulder to Armpit	14 in	(36 cm)	15 in	(38 cm)	16 in	(40 cm)	17 in	(42 cm)	16 in	(40 cm)	17 in	(42 cm)	17 in	(44 cm)	17 in	(42 cm)	17 in	(44 cm)	18 in	(45 cm)	18 in	(46 cm)	20 in	(52cm)
12	Bicep	10 in	(25 cm)	10 in	(26 cm)	11 in	(27 cm)	11 in	(28 cm)	11 in	(27 cm)	11 in	(28 cm)	12 in	(29 cm)	11 in	(28 cm)	12 in	(29 cm)	12 in	(30 cm)	13 in	(32 cm)	13 in	(34cm)
13	Elbow	9 in	(22 cm)	9 in	(23 cm)	9 in	(23 cm)	10 in	(24 cm)	9 in	(23 cm)	10 in	(24 cm)	10 in	(25 cm)	10 in	(24 cm)	10 in	(25 cm)	10 in	(26 cm)	11 in	(27 cm)	11 in	(29cm)
14	Forearm	9 in	(23 cm)	10 in	(24 cm)	10 in	(25 cm)	10 in	(25 cm)	10 in	(25 cm)	10 in	(26 cm)	11 in	(27 cm)	11 in	(27 cm)	11 in	(27 cm)	11 in	(28 cm)	12 in	(29 cm)	13 in	(32cm)
15	Wrist	6 in	(15 cm)	6 in	(15 cm)	6 in	(15 cm)	6 in	(15 cm)	6 in	(16 cm)	6 in	(16 cm)	7 in	(17 cm)	6 in	(16 cm)	7 in	(17 cm)	7 in	(17 cm)	7 in	(18 cm)	7 in	(19cm)
16	Inseam	26 in	(65 cm)	26 in	(66 cm)	27 in	(68 cm)	28 in	(70 cm)	28 in	(70 cm)	28 in	(70 cm)	28 in	(72 cm)	28 in	(72 cm)	28 in	(72 cm)	29 in	(74 cm)	30 in	(76 cm)	31 in	(79cm)
17	Thigh	18 in	(46 cm)	19 in	(48 cm)	19 in	(49 cm)	20 in	(50 cm)	19 in	(49 cm)	20 in	(50 cm)	20 in	(51 cm)	21 in	(52 cm)	21 in	(53 cm)	21 in	(54 cm)	22 in	(56 cm)	23 in	(58cm)
18	Above Knee	13 in	(33 cm)	13 in	(33 cm)	13 in	(34 cm)	14 in	(35 cm)	13 in	(34 cm)	14 in	(35 cm)	14 in	(36 cm)	14 in	(36 cm)	15 in	(37 cm)	15 in	(39 cm)	15 in	(39 cm)	17 in	(43cm)
19	Below Knee	12 in	(30 cm)	12 in	(30 cm)	12 in	(31 cm)	13 in	(32 cm)	12 in	(31 cm)	12 in	(31 cm)	13 in	(32 cm)	13 in	(33 cm)	13 in	(33 cm)	13 in	(34 cm)	14 in	(35 cm)	14 in	(36cm)
20	Calf	13 in	(32 cm)	13 in	(33 cm)	13 in	(34 cm)	13 in	(33 cm)	13 in	(33 cm)	13 in	(34 cm)	14 in	(35 cm)	14 in	(35 cm)	14 in	(36 cm)	15 in	(37 cm)	15 in	(38 cm)	16 in	(41cm)
21	Ankle	8 in	(19 cm)	8 in	(20 cm)	8 in	(20 cm)	8 in	(21 cm)	8 in	(21 cm)	8 in	(21 cm)	8 in	(21 cm)	8 in	(21 cm)	9 in	(22 cm)	9 in	(23 cm)	9 in	(23 cm)	9 in	(24cm)
22	Shin Length	14 in	(36 cm)	14 in	(36 cm)	15 in	(37 cm)	15 in	(38 cm)	15 in	(38 cm)	15 in	(38 cm)	15 in	(39 cm)	15 in	(39 cm)	15 in	(39 cm)	16 in	(40 cm)	16 in	(41 cm)	16 in	(41cm)
23	Head	21 in (55 cm) - 22in (57 cm)																							

AVERAGE SIZE CHART BY HEIGHT FOR WOMEN

		S		M		MT		MLS		ML		MLT		L		XL		XXL	
01	Height	4"10'	(152 cm)	5"2'	(158 cm)	5"2'	(158 cm)	5"3'	(163 cm)	5"3'	(163 cm)	5"4'	(166 cm)	5"4'	(166 cm)	5"6'	(170cm)	5"7' - 5"9'	(170cm -176cm)
02	Weight	99 lb	(45 kg)	106 lb	(48 kg)	110 lb	(50 kg)	110	(50 kg)	115 lb	(52 kg)	119 lb	(54 kg)	123 lb	(56 kg)	132lb	(60kg)	130lb - 150lb	(59kg - 68kg)
03	Neck	12 in	(30 cm)	12 in	(30 cm)	12 in	(31 cm)	12 in	(30 cm)	12 in	(31 cm)	12 in	(31 cm)	13 in	(32 cm)	13 in	(33cm)	13 in	(33cm)
04	Shoulder	15 in	(38 cm)	15 in	(39 cm)	16 in	(40 cm)	16 in	(40 cm)	16 in	(40 cm)	16 in	(41 cm)	16 in	(41 cm)	17 in	(44cm)	17 in	(44cm)
05	Chest	31 in	(78 cm)	32 in	(80 cm)	32 in	(82 cm)	32 in	(80 cm)	32 in	(82 cm)	33 in	(84 cm)	34 in	(86 cm)	35 in	(90cm)	37 in	(94cm)
06	Waist	23 in	(58 cm)	24 in	(60 cm)	25 in	(62 cm)	25 in	(62 cm)	25 in	(64 cm)	25 in	(64 cm)	26 in	(66 cm)	26 in	(66cm)	26 in - 28 in	(67cm - 72cm)
07	Hips	33 in	(84 cm)	34 in	(86 cm)	34 in	(86 cm)	33 in	(84 cm)	34 in	(86 cm)	35 in	(88 cm)	36 in	(90 cm)	38 in	(96cm)	35 in - 37 in	(90cm - 94cm)
08	Body Length	22 in	(56 cm)	23 in	(58 cm)	23 in	(58 cm)	24 in	(61 cm)	24 in	(61 cm)	25 in	(62 cm)	25 in	(62 cm)	25 in	(63cm)	25 in	(63cm)
09	Arm Length	26 in	(67 cm)	27 in	(69 cm)	28 in	(70 cm)	28 in	(70 cm)	28 in	(71 cm)	28 in	(72 cm)	28 in	(72 cm)	30 in	(76cm)	30.5 in	(78cm)
10	Sleeve Length	19 in	(48 cm)	20 in	(50 cm)	20 in	(50 cm)	20 in	(50 cm)	20 in	(51 cm)	20 in	(52 cm)	20 in	(52 cm)	21 in	(54cm)	21 in	(54cm)
11	Shoulder to Armpit	13 in	(33 cm)	14 in	(35 cm)	14 in	(36 cm)	14 in	(36 cm)	15 in	(38 cm)	15 in	(38 cm)	15 in	(39 cm)	15 in	(39cm)	15 in	(39cm)
12	Bicep	9 in	(23 cm)	10 in	(24 cm)	10 in	(25 cm)	10 in	(25 cm)	10 in	(26 cm)	10 in	(26 cm)	11 in	(27 cm)	11 in	(27cm)	11 in	(27cm)
13	Elbow	8 in	(21 cm)	9 in	(22 cm)	9 in	(23 cm)	9 in	(22 cm)	9 in	(23 cm)	9 in	(24 cm)	9 in	(24 cm)	9 in	(24cm)	9 in	(24cm)
14	Forearm	9 in	(22 cm)	9 in	(23 cm)	10 in	(24 cm)	9 in	(23 cm)	10 in	(24 cm)	10 in	(24 cm)	10 in	(24 cm)	10 in	(24cm)	10 in	(24cm)
15	Wrist	6 in	(14 cm)	6 in	(15 cm)	6 in	(15 cm)	6 in	(15 cm)	6 in	(15 cm)	6 in	(16 cm)	6 in	(16 cm)	7 in	(17cm)	7 in	(17cm)
16	Inseam	25 in	(62 cm)	25 in	(64 cm)	25 in	(64 cm)	26 in	(66 cm)	26 in	(66 cm)	27 in	(68 cm)	27 in	(68 cm)	29 in	(73cm)	29 in - 30 in	(73cm - 75cm)
17	Thigh	19 in	(48 cm)	20 in	(50 cm)	21 in	(52 cm)	19 in	(49 cm)	20 in	(51 cm)	21 in	(52 cm)	21 in	(53 cm)	22 in	(56cm)	22.5 in	(57cm)
18	Above Knee	13 in	(32 cm)	13 in	(34 cm)	14 in	(35 cm)	13 in	(33 cm)	14 in	(35 cm)	14 in	(35 cm)	14 in	(36 cm)	14 in	(36cm)	14.5 in	(37cm)
19	Below Knee	12 in	(30 cm)	12 in	(31 cm)	13 in	(32 cm)	12 in	(31 cm)	13 in	(32 cm)	13 in	(32 cm)	13 in	(33 cm)	13 in	(34cm)	13 in	(34cm)
20	Calf	12 in	(31 cm)	13 in	(32 cm)	13 in	(33 cm)	13 in	(32 cm)	13 in	(33 cm)	13 in	(34 cm)	13 in	(34 cm)	14 in	(35cm)	14.5 in	(37cm)
21	Ankle	8 in	(19 cm)	8 in	(20 cm)	8 in	(20 cm)	8 in	(20 cm)	8 in	(20 cm)	8 in	(21 cm)	8 in	(21 cm)	9 in	(22cm)	9 in	(22cm)
22	Shin Length	13 in	(34 cm)	14 in	(35 cm)	14 in	(35 cm)	14 in	(36 cm)	14 in	(36 cm)	15 in	(37 cm)	15 in	(37 cm)	15 in	(37cm)	15 in	(37cm)
23	Head	21 in (55 cm) - 22in (57 cm)																	
24	Breast	32 in	(80 cm)	32 in	(82 cm)	33 in	(84 cm)	32 in	(82 cm)	33 in	(84 cm)	34 in	(86 cm)	35 in	(88 cm)	35 in	(88cm)	35 in	(88cm)