



**A) GIRTH:** Measure from the center of one shoulder, down the front through crotch and up the back to starting point.

**B) CHEST:** With arms relaxed down at sides, measure around the fullest part of chest, keeping tape measure parallel to the floor.

**C) WAIST:** Measure around natural waistline, the narrowest part of the upper body (not over shirt or pants).

**D) HIPS:** Measure around fullest part of the lower body, keeping tape straight and parallel to the floor.

**E) INSEAM:** Measure inside of leg, from the crotch to 2 inches below the ankle bone.