



Perfect fit body measurement guide

Important Tips:

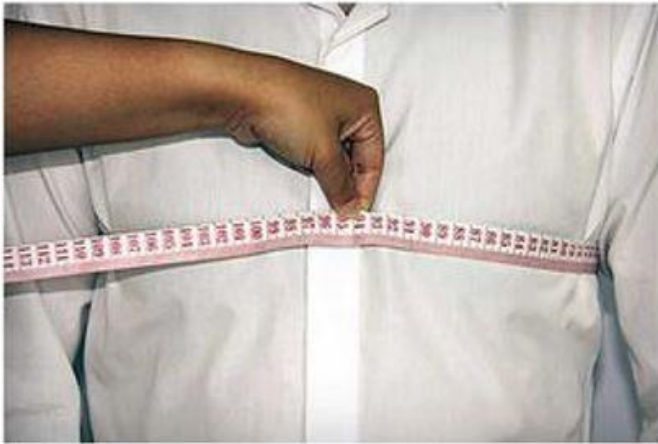
- Keep the measuring tape comfortably snug, but not tight.
- All measurements should be made to nearest inch / centimeter.
- It is advised to read the instructions carefully and follow them properly while taking measurements.
- Ask someone to help you in taking your measurements.

	<p style="text-align: center;"><u>1. SHOULDER</u></p> <p><i>Wearing your best fit suit jacket,</i> measure up to the shoulder seams.</p> <p>Measure across the top of the shoulder from one edge to the other. Ensure you take the curved contour over the top of the shoulders as shown.</p>
	<p style="text-align: center;"><u>2. SLEEVE LENGTH</u></p> <p><i>Wearing a perfect fit suit jacket,</i> measure with arm at your side, from the shoulder's seam all along the arm until you find the desired length. Your measurement will be the length of your jacket sleeve.</p> <p>We recommend that the sleeve of the jacket should end at a length that some part of your shirt cuffs are visible.</p>



3. BICEP

Wearing a shirt, measure around your upper arm at the widest point when flexed leaving one finger of space to take the measure.



4. CHEST

Wearing a shirt, measure around the fullest part of the chest. The measuring tape is usually around the nipple level, under the armpits, and over your shoulder blades.

Do not overinflate your chest but stand normally; you should be able to fit your index finger in between the tape and your chest.



5. STOMACH

Wearing a shirt, measure around the widest part of your abdomen, placing a finger between your body and the tape. Make sure the tape is at the same height at all times.

The widest part of the abdomen usually coincides with the belly button. Do not hold your stomach in.



6. JACKET LENGTH

Wearing your best fit suit jacket, measure from the top of your shoulder (where shoulder and neck seams meet) all the way down to the desired length, usually around the thumb joint.

When measuring, adopt an upright position with both arms on your sides.



7. WAIST

Wearing best fit pants and a shirt, put the measuring tape **inside the belt-loops of your pants** and adjust to your desired snugness with room for a finger.

IMPORTANT:

Your waist measurements by this method should be 2 to 4 inches more than your off the rack trouser waist size.



8. HIPS

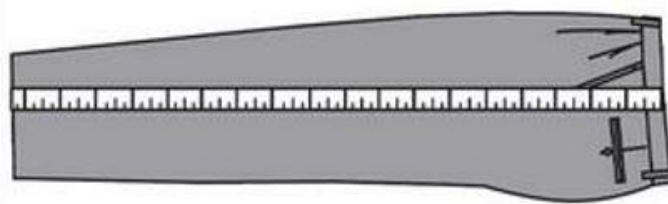
Wearing trousers, measure around the fullest part of your hips, placing a finger between your body and the tape. Make sure the tape is straight at all times.

Make sure your pockets are empty and the tape is not restrictive. As a guide, you should not make the tape too snug. You only just be able to feel the tape when measuring.



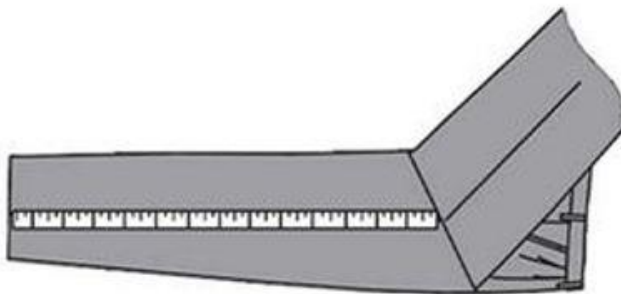
9. THIGH WIDTH

Wearing trousers, empty your pockets then, Start at the top of your inseam, measure around your thigh with room for a finger.



10. TROUSER LENGTH

1. Lay down your Best Fit Pants, on a flat surface.
2. Take care to pull any wrinkles and fullness.
3. Measure from **Top of waistband** to the **Hem** of your pants. As show in picture



11. TROUSER INSEAM

1. Lay down your Best Fit Pants, on a flat surface.
2. Take care to pull any wrinkles and fullness.
3. Measure from **Crotch** to the **Hem** of your pants. As show in picture