

Andre Emilia
Su Misura

Measurement Guide

How to use this guide:

a) You need:

- A fabric tape measure (not a construction tape measure!)
- A pen or pencil to mark down measurements.
- Time. Usually about 10 – 20 minutes is enough.

b) It would help if..

- You had assistance from a friend when measuring
- You wore a good fitting dress-shirt and slacks. If you do not have these items, fine, just wear anything that fits your form (t-shirt and boxers included). Do not wear jeans as they seriously alter-measurements, and also make sure to empty your pockets!

c) When measuring..

- Hold the measuring tape flat against the body. It should be held snug enough so not to droop, but never so tight as to feel restrictive.
- Take your measurements to the nearest quarter (.25) inch.
- Do not add wiggle room to your measurements. We will adjust the fit based off of your selected preferences and build.

d) All that is left to do is to..

- Read the instructions per measurement, understand what it is asking of you and follow.
- Look to the photos as guidance.
- Write down your measurements in front of every step mentioned below.

Order Details

Order No# _____

Phone# _____

Name# _____

Email# _____

Height# _____

Weight# _____

For Shirt



Neck

- Measure around your neck at the height where your collar, if buttoned, would be.
- This measurement should be taken along the lower section of the neck, below your Adam's apple and above your sternal notch.
- The tape should be comfortably touching the skin, with enough room so that you do not feel restricted.
- Measurement . inches.



Full Chest

- Measure around the chest and body at its fullest part (typically right under the armpits and shoulder blades, right across the nipples).
- Hold the tape against the body tight enough so that it does not slip down, but not so tight that it restricts breathing. It should be "snug".
- Make sure the tape is horizontal and the person's arms are by their side; then take a normal breath and measure.
- Do not puff out your chest.
- Measurement . inches.

**This measurement should be at the point your chest is its largest. If you have an extremely large or muscular chest, take the measurement in a relaxed, normal state.



Waist/Stomach

- Measure around the fullest part of the waist/stomach or right below your bottom ribs, whichever is greater.

• **Measurement** ____ . ____ inches.

**If you are a large man, make sure to measure around the widest point here.



Hips/Seat

- Measure around the fullest part of your hips and buttocks.

• **Measurement** ____ . ____ inches.



Front Chest Width

- With the person's arms by their side, measure across the front of the chest.

- Start at the front of the right armpit, continue measuring across the nipples, and then stop at the front of the left armpit. Do not measure under the arms.

• **Measurement** ____ . ____ inches.

**This is not half the chest measurement – it's from the point where your armpit starts – straight across the chest – to the exact spot on the other side. You can take this measurement facing the person (unlike the picture).

Cross Back

- With the person's arms by their side, measure across the back. Start at the back of the right armpit, continue measuring across the shoulder blades, and then stop at the middle of the back.
- Do not measure under the arms.
- This is the back part of the full chest measurement we took in step 2.
- **Measurement** ____ . ____ inches.



Bicep

- Keep your arms by your side and measure around the fullest part of the bicep.
- You need only measure one side.
- **Measurement** ____ . ____ inches.

**No need to flex, unless you are a body builder – but we'll be able to see that from your other measurements and will make sure you have plenty of room in the arm.



Shirt Length

- Keep your arms straight at your side, and measure straight down the front from the base of the neck (on either side) to the point of your thumb knuckle.
- **Measurement** ____ . ____ inches.



Shoulder Width

- Measure from the end of the right shoulder to the end of the left shoulder.
- We define the “end of the shoulder” as where the horizontal plane of the shoulder intersects the vertical plane of the arm.

● **Measurement** ____ . ____ inches.

**This is the measurement we see taken wrong most often, so be very careful. To check this measurement, take your best fitting jacket and measure your shoulders while wearing it.



Sleeves

- Measure from the end of the right shoulder to the “pinch” of the hand.
- The “pinch” of the hand is found where the base of the thumb and the base of the index finger intersect (approximately centimeters above the index finger knuckle).

● **Measurement** ____ . ____ inches.

- Repeat the same process for the left hand.

● **Measurement** ____ . ____ inches.

**Place a safety pin where you determined the shoulder points to be as this will come useful later for other measurements.



Wrists

- Measure around the fullest part of the wrist.
- You need only measure one side

● **Measurement** ____ . ____ inches.

