

1 Chest

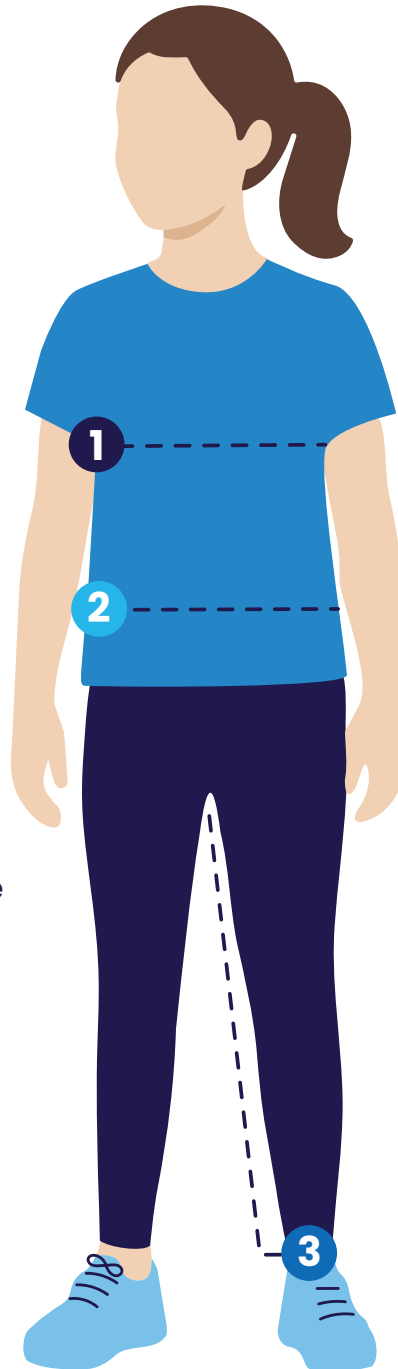
- Wrap fabric measuring tape around widest part of chest, under armpits and across shoulder blades.
- Ensure the tape is horizontal to the ground and not twisted.
- Stand without puffing your chest out.
- Record the measurement where the tape meets the zero mark.
- Ensure tape isn't too tight.



**For best results
measure over
light clothing**

2 Waist

- Find narrowest part of torso, typically just above the navel.
- Standing straight, wrap tape measure around the narrowest point, ensuring it is level all the way around.
- Tape should be snug but not digging in.



3 Inside leg

- Easiest done with help.
- Stand straight with feet slightly apart, barefoot.
- Place the start of the tape measure at the very top of your inside leg/inner thigh.
- Run the tape measure down the inner side of the leg to the bottom of the ankle bone, or where you want your trousers to sit.