



**(1) CHEST
_____ CENTIMETERS**
**Around the fullest part
of the chest, while
holding tape high
under arms. (make
sure tape doesn't fall
down in the back)**



**(2) MEASURE AT
YOUR NAVEL
_____ CENTIMETERS**
**Waistline for all
measurement is located
at the navel. Measure
exactly as shown,
at the navel**



(3) NECK
_____ CENTIMETERS

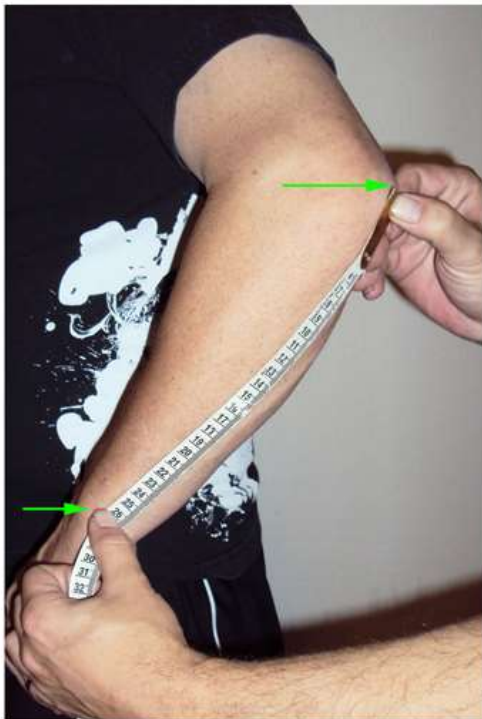


(4) COMPLETE
OUTSIDE SLEEVE
LENGTH
_____ CENTIMETERS
From top of shoulder to
your wristbone. Slight
curve of arm is important
to mimic the riding
position



**(5) SHOULDER TO ELBOW
_____CENTIMETERS**

**Measure from the top of
your shoulder to your
elbow, measure as shown**



**(6) ELBOW TO WRIST
_____CENTIMETERS**

**Measure from your elbow
to your wrist bone,
measure as shown**



**(7) BICEP FLEXED
CENTIMETERS**
**Bend arm half way, flex
bicep measure around
largest part of bicep.
Measure with bicep
flexed**



**(8) FOREARM FLEXED
CENTIMETERS**
**bend arm half way, flex
forearm. Measure at the
largest part of the
forearm. Measure with
forearm flexed**



(9) WRIST
_____ CENTIMETERS
Measure around wrist,
over the wrist bone



(10) SHOULDER TO
SHOULDER
_____ CENTIMETERS
Shoulder to shoulder,
measure as shown



**(11) NECK TO NAVEL
_____CENTIMETERS**

**On the front side, from the
base of the neck (just
below the adams apple) to
your navel. measure as
shown**



**(12) NECK TO WAISTLINE
BACK
_____CENTIMETERS**

**On the back side, measure
from neck to same height
level with navel. measure
as shown**



**(13) FRONT OF NECK
THROUGH CROTCH TO
BACK OF NECK
_____CENTIMETERS**

**This is the most important
measurement, PLEASE
REFER TO BOTH PICTURES**

**Measure from the base of
the neck straight down the
front of the chest through
the bottom of the crotch
straight up the back to the
back of the neck. measure
as shown**





(14) HIPS
_____CENTIMETERS
Measure around the
fullest (middle) part
of the seat / buttock



(15) UPPER THIGHS
_____CENTIMETERS
Measure around the
largest part of the
upper thigh. Measure as
shown



(16) LOWER THIGH
_____CENTIMETERS
Measure around lower
thigh, measure as
shown



(17) KNEE
_____CENTIMETERS
Measure around the
center of the knee cap



**(18) CALF FLEXED
_____CENTIMETERS**

**Measure around the
largest part of the calf.
Measure with calf
flexed**



**(19) MEASURE
DIRECTLY ABOVE THE
ANKLE BONE
_____CENTIMETERS**

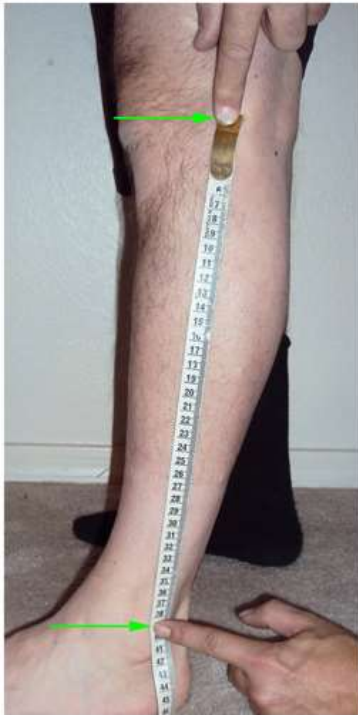
**Measure ankle around,
just above the ankle
bone. measure as
shown**



**(20) COMPLETE INSEAM
_____CENTIMETERS**
Measure from top of crotch
to right above ankle bone.
Measure as shown



**(21) THIGH LENGTH
_____CENTIMETERS**
Measure from level with
navel to center of knee. It
is very important to have
leg slightly bent. Measure
as shown



**(22) OUTSIDE CENTER OF
KNEE TO ANKLE
_____CENTIMETERS**

**Measure from outside
center knee cap to directly
above the ankle bone.
Measure as shown**



**(23) OVERALL LEG LENGTH
_____CENTIMETERS**

**IT IS VERY IMPORTANT THE
LEG IS STRAIGHT, Measure
from level with navel on
outside to directly above the
ankle bone. Measure as
shown**