

# TAILORS MARK

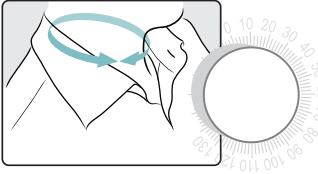
## MEN'S BODY MEASUREMENT GUIDE



Please write your measurements here in cm's or inches and refer to this card when ordering online.

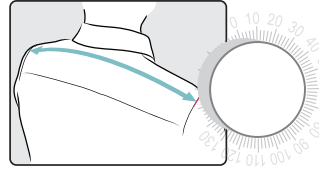
Once measurements have been entered online they will be saved for future orders.

**NECK**



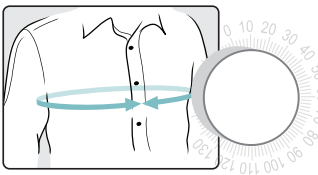
Measure around your neck with the tape measure just below the Adams apple. Place one finger between the tape measure and your neck if you would like some extra room.

**SHOULDERS**



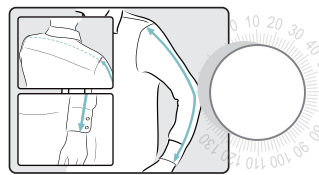
Measure from one shoulder point to the other. NOTE: You will use the shoulder points as a base to measure your sleeve length. Your shoulder point(s) should be where the sleeve seam of a well fitting T-shirt would be.

**CHEST**



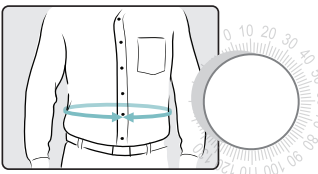
Measure around the widest part of your chest; this is usually just beneath your armpits. Relax & breathe normally.

**SLEEVE**



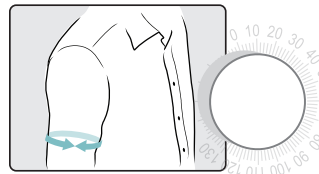
Measure from your shoulder point (where you measured your shoulder width from) along the outside of your arm down to your wrist. Ensure that your arm is bent to approximately 90degrees

**STOMACH**



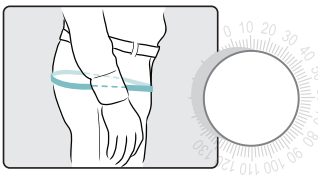
Measure around the widest part of your stomach; this is usually across your belly-button. Breathe normally & relax whilst taking this measurement.

**BICEP**



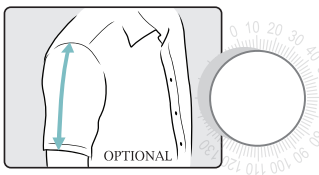
Measure around the widest part of your bicep with your arm relaxed.

**SEAT**



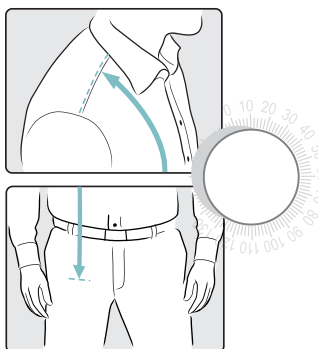
Measure around the widest part of your buttocks

**SHORT SLEEVE**



Measure from your shoulder point (where you measured your shoulder width from) down to the point you would like your short sleeve to end.

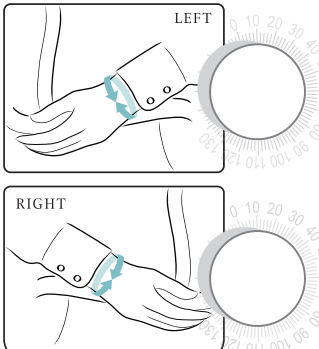
**SHIRT LENGTH**



Measure from the top of your shoulders quite close to the neck, down the front of your body to the point at which you would like the shirt to end; this is usually the point where you measured your seat. Stand up straight and breathe normally. A rounded bottom (traditional or modern bottom cut) will be approximately 7cm's (2.75 inches) shorter on the sides than the front & back.

We strongly suggest trying on a shirt you already like and making note of where it ends.

**WRIST**



Measure around the widest part of your wrist, place a single finger between the wrist and the tape measure. If you wear a wrist watch, allow some extra room.