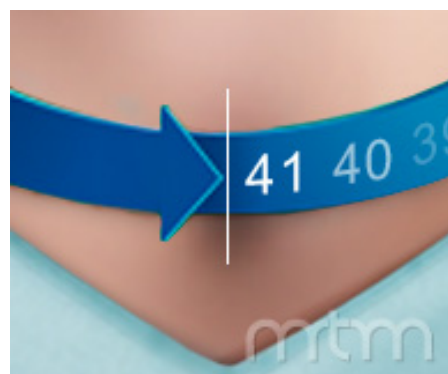
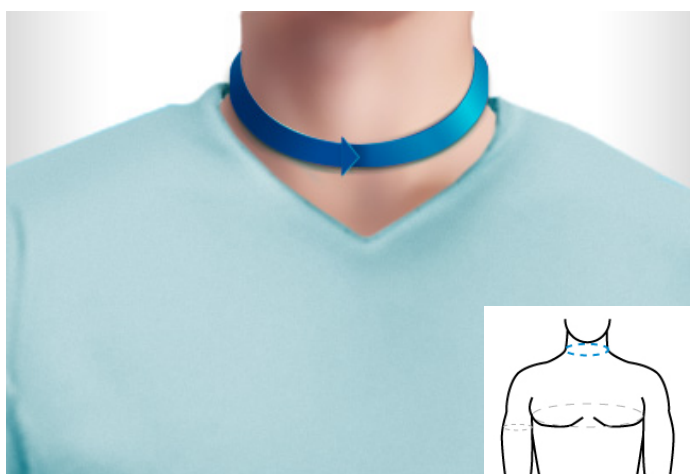


How to take measurements for a men's MTM shirt.



1. Neck girth

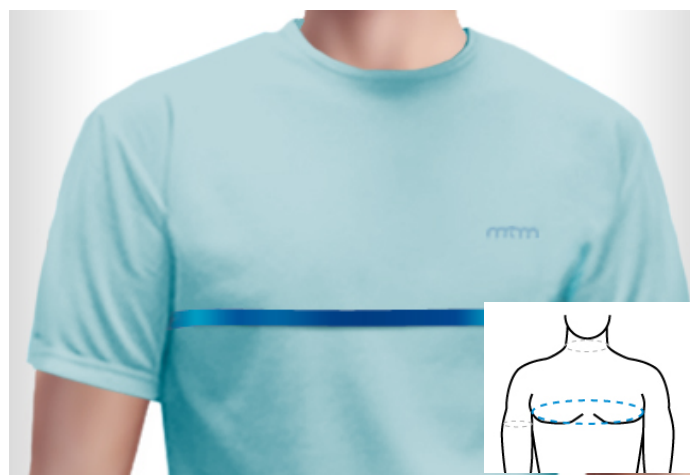
Measure around your neck. Put the end of the tape in the front, where your collar will button, and then bring it around the base of your neck. Make sure the measuring tape is snug but not tight. The illustration shows neck girth 41 cm.



Your measurement:

2. Chest girth

Measure around the widest part of your chest across the breast line. Stand in a relaxed posture and breathe out. Don't pull the tape too tightly. Make sure that the tape is at an even height all the way around. The illustration shows chest girth 103 cm.



Your measurement:

3. Waist girth

Place the measuring tape around your waist line. Stand naturally. Make sure the measuring tape is snug but not tight. The illustration shows waist girth 94 cm.



Your measurement:

4. Hip girth

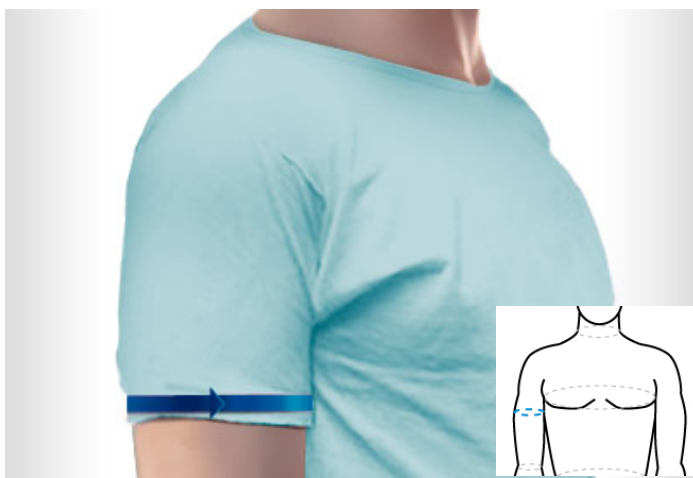
Place the tape around the widest part of your hips. This is usually around the buttocks and below the belt. Sure the tape is straight at all times. The illustration shows hip girth 104 cm.



Your measurement:

5. Bicep girth

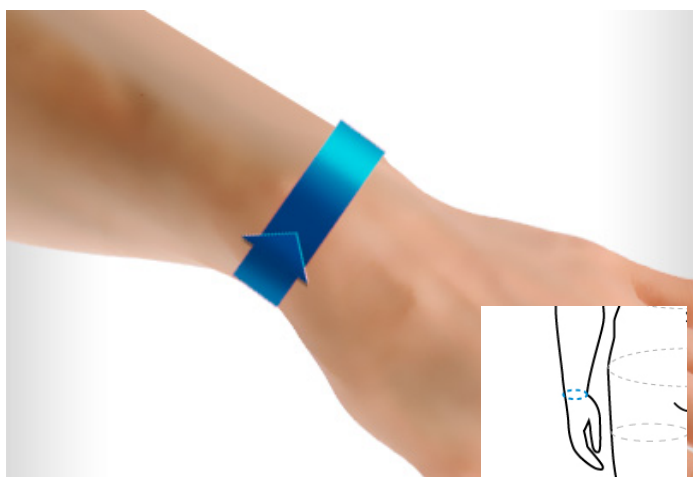
Measure around the widest part of your bicep, so that the tape meets on the outer part of the bicep. The illustration shows bicep girth 34 cm.



Your measurement:

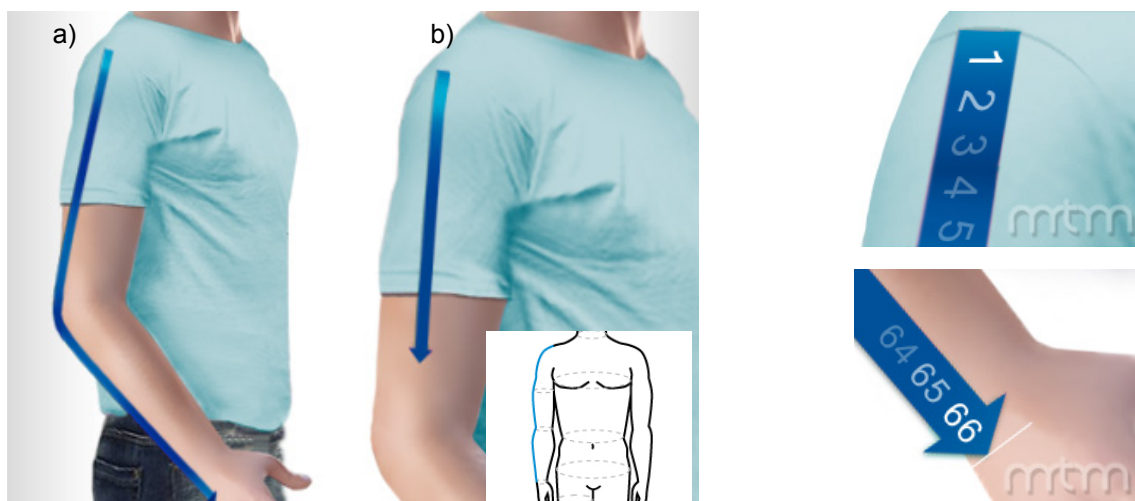
6. Wrist girth

Measure around the fullest area of your wrist making sure to include the wrist bones. The illustration shows wrist girth 19 cm.



Your measurement:

7. Sleeve length



a) Long sleeve length: Measure from the edge of your shoulder (where the shoulder meets the arm) down along your slightly bent arm. End where the thumb is attached to the hand. The illustration shows sleeve length 66 cm.

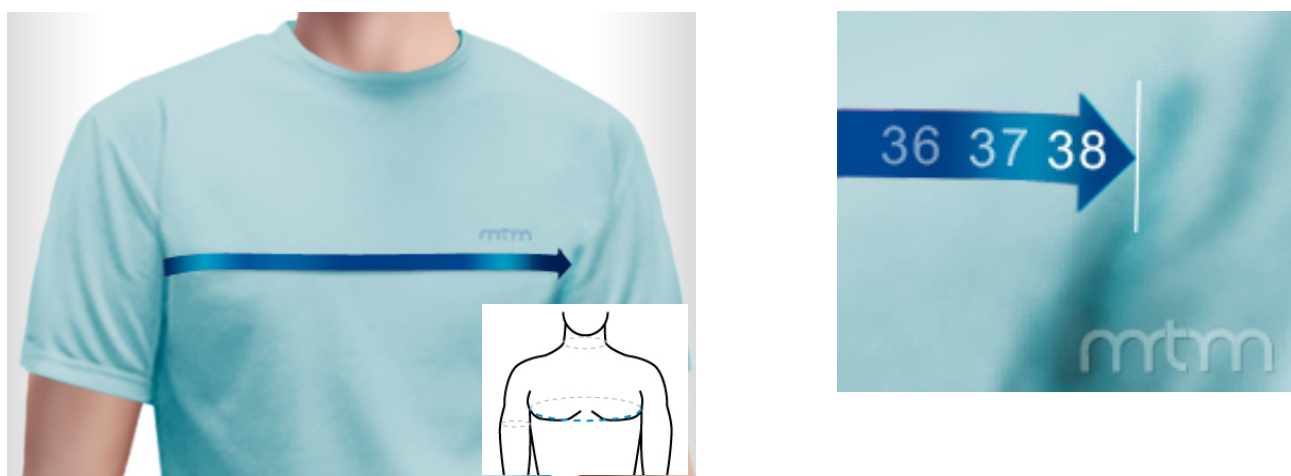
Your long sleeve length:

b) Short sleeve length: Measure from the edge of your shoulder (where the shoulder meets the arm) down along your slightly bent arm until you find the desired length.

Your short sleeve length:

8. Chest width

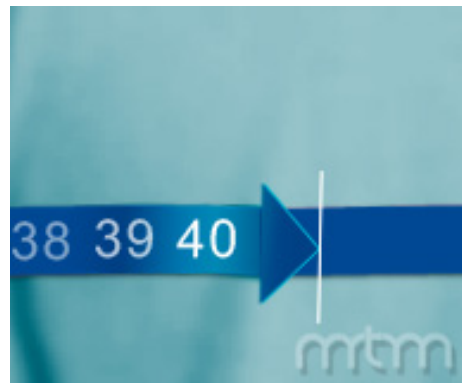
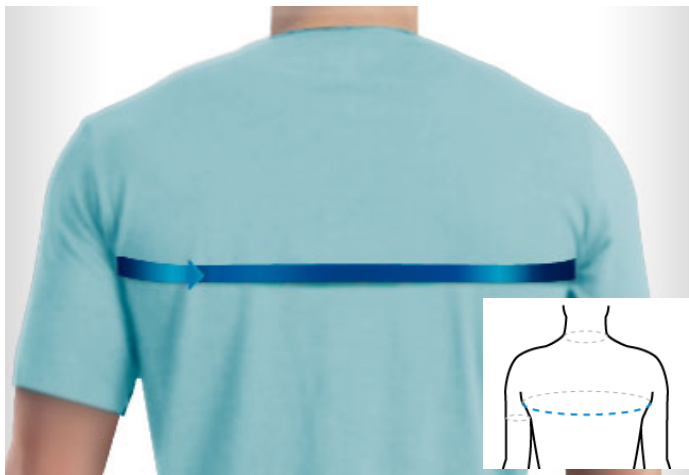
Measure across the widest point of your chest at heart level 2-3 cm above the armpits. The illustration shows chest width 38 cm.



Your measurement:

9. Back width

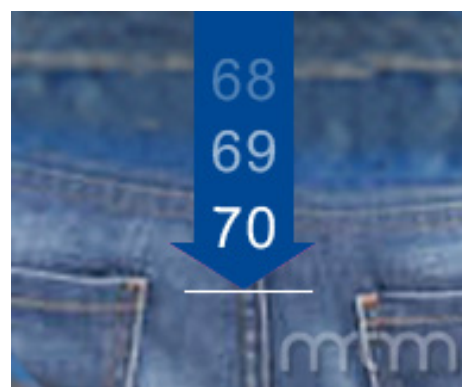
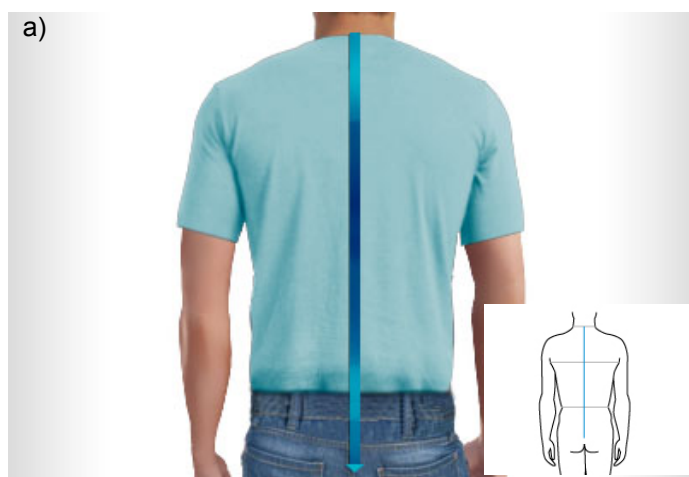
Measure at the widest point of your back across shoulder blades from armpit to armpit. Hold your arms relaxed at your sides. The illustration shows back width 40 cm.



Your measurement:

10. Shirt length

Stand up and measure straight along the back from the base of your neck, down to wherever you want the shirt to end. The illustration shows shirt length 70 cm.



Your shirt length:

- * If you want to wear your shirt tucked out, you can choose any length you want.
- * Length of a shirt designed to be tucked in shall be 7-10 less than half of your height.

b) Height

Measure your full height (cm):

Measurements		cm
1	Neck girth	
2	Chest girth	
3	Waist girth	
4	Hip girth	
5	Bicep girth	
6	Wrist girth	
7	Sleeve length	
8.a	Long sleeve length	
8.b	Short sleeve length	
9	Chest width	
10	Back width	
11.a	Shirt length	
11.b	Height	

Size chart