



Waist

While standing erect, measure the waist over your navel. Relax your stomach and measure over your clothes. Don't be surprised, if the measurement comes out bigger than you expected. (You are not buying clothes).



Chest

Measure over the widest part of the chest

The torso measurement is the most critical one. Please let yourself measure by a second person and take the measurements multiple times to make sure they are correct..



Torso Hip

While standing erect, measure the distance between the hollow at the base of your throat (where the collar bones meet) and the top of the hip bone (where you normally find the belt of your trousers).

Please let yourself measure by a second person. While being measured, don't look down or look on. This will give you wrong readings



Torso Navel

While standing erect, measure the distance between the hollow at the base of your throat (where the collar bones meet) and your navel.

Please let yourself measure by a second person. While being measured, don't look down or look on. This will give you wrong readings



Leg pad

Measure from the same top of the hip bone through the crotch and back to the point where you started. Apply some tension. This will give us the measurement when the leg strap is tightened. Check that there is nothing inside the rear pockets of your trousers.



Inside leg

While standing erect, measure from the crotch to the ground. Do this measurement without shoes.



Hold the measuring tape in this manner to avoid errors