

HOW TO MEASURE YOURSELF

CHEST

Chest circumference

The measurement of the chest in its maximum extension during normal breathing, measured with the person standing, passing the measuring tape horizontally around the torso over the scapula bones (the shoulder blades) and just under the armpits.

ARM

Sleeve length from shoulder (arm straight)

The distance from the most protruding point of the shoulder to the wrist (on the end of the Ulna bone), measured with the arm relaxed at the person's side.

NECK

Neck circumference

The circumference measured at 2 cm below the Adam's apple in the front, and at the 7th cervical vertebra in the back (i.e. NOT horizontally).

WAIST

Waist circumference

The circumference measured horizontally around the waist, just above the highest point of each of the iliac crest bones, during normal breathing, on the person standing, with a relaxed abdomen.