

Men's Measurement Chart

Name _____

Circumference Measurements

1. Chest	
2. Waist	
3. Abdomen (3'' below waist)	
4. Hips	

Important Notes:

1. Do not take measurements yourself, ask somebody to assist you.
2. Take measurements in the upright, stretch position you would normally dance in, but with arms down.
3. Where indicated as F: and B: take same measurement in front and back
4. For your convenience wrap a piece of elastic or string around waist.

© *International Dance Design*

6809 Chimney Rock, Bellaire (Houston), TX 77401

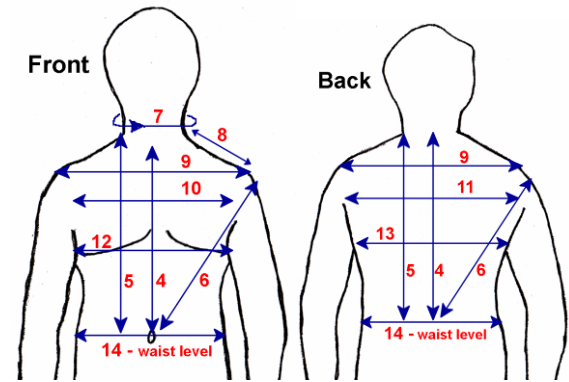
Toll-Free: 1-877-458-8433 Fax: 1-713-665-5373

E-mail: intldancedesign@aol.com

For use ONLY to order from International Dance Design

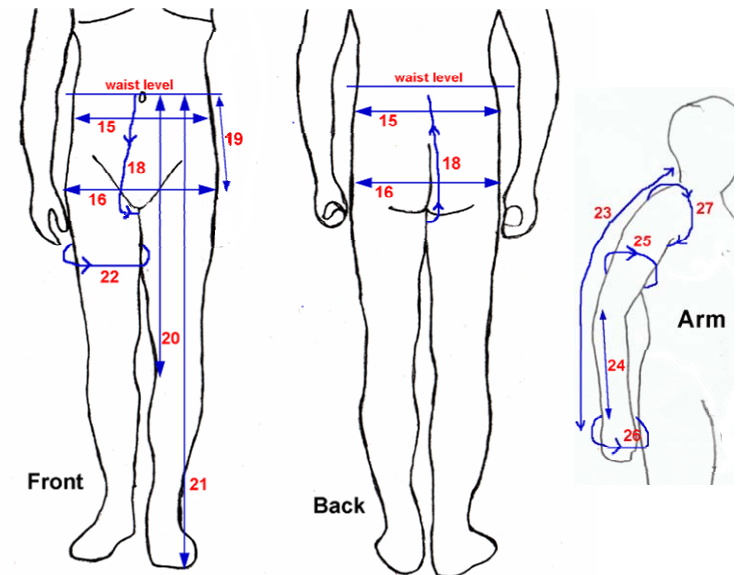
Upper Torso (these measurements needed only if ordering shirts, vests, suits or jackets)

4. Center Length	F: B:	Front: from base of the neck down to waist. Back: from nape down to waist.
5. Full Length	F: B:	From shoulder at neck straight down to waist
6. Shoulder Slope	F: B:	From shoulder tip diagonally down to the center of waist (usually belly button)
7. Neck		Measure around neck
8. Shoulder Length		Measure from shoulder tip to neck.
9. Across Shoulder	F: B:	Measure between shoulder tips.
10. Across Chest		Measure between armholes in front.
11. Across Back		Measure between armholes on back.
12. Chest Arc		Measure from side to side (under armhole) over chest
13. Back Arc		Measure from side to side (under armhole) over back
14. Waist Arc	F: B:	Measure from side to side at the waist level.



Lower Torso (these measurements needed only if ordering pants or suits)

15. Abdomen Arc	F: B:	From side to side at the abdomen level. 3 inches below waist
16. Hip Arc	F: B:	From side to side at the fullest part of the hips.
17. Crotch Depth		Sit on the chair. Measure from waist down to the seat.
18. Crotch Length		Measure from center front waist, passing under crotch to center back waist.
19. Hip Depth		Measure from waist on side down to the fullest part of the hip.
20. Waist to Knee		Stand straight. Measure from waist down to the knee.
21. Waist to Floor		Put on dance shoes. Stand straight. Measure from waist down to the floor.
22. Upper Thigh		Measure around the widest part of the upper thigh.



Arm Measurements (these measurements needed only if ordering shirts, suits or jackets)

23. Overarm Length		Measure from shoulder at neck to the wrist.
24. Elbow Length		Measure from the elbow to the wrist bone.
25. Biceps		Measure around the fullest part of the biceps.
26. Wrist		Measure around wrist 1 inch below wrist bone hand.
27. Armhole		Measure the smallest still comfortable armhole