

A yellow measuring tape with black markings is shown against a black background. The tape is coiled in a loose 'S' shape. The markings include inches (0 to 24) and centimeters (0 to 300). The word 'METER' is printed on the tape near the 100 cm mark. The tape has a metal clasp at the end.



1. Neck



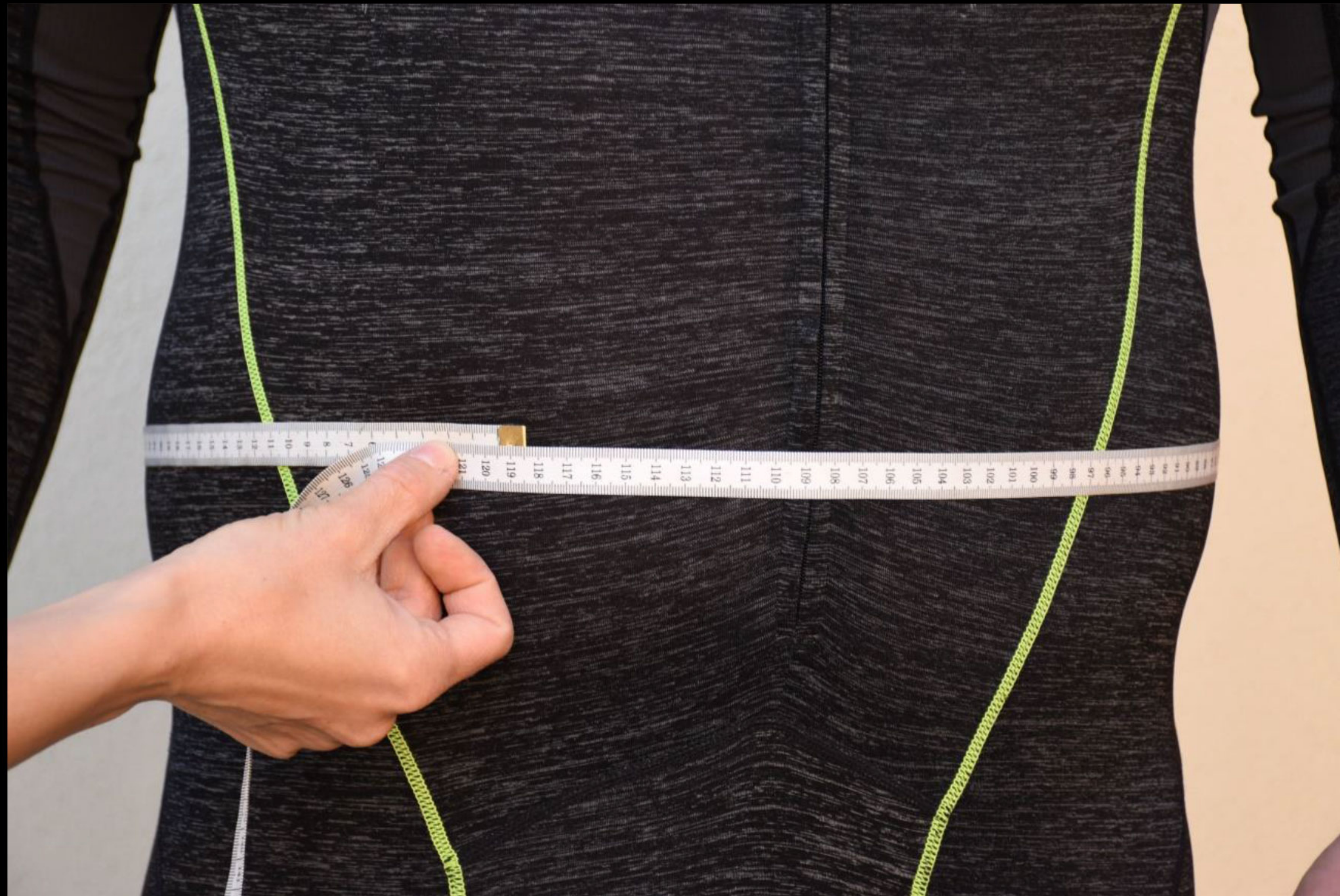
Around Neck, just below Adam's Apple

2. Upper Chest



Across front only, from arm/chest crease to arm/chest crease (or where arm contacts chest), about 3" below the hollow at the base of the neck.

3. Belly Point



Measure around the widest part of the belly.
Make sure, the tape is parallel to the floor.

4. Chest Around



Measure around the fullest part of the chest with the tape parallel to the floor, and with arms at sides. To get a more accurate measurement, raise your arms above your head, wrap the tape around the chest and then lower your arms. Be sure that the tape has not moved down in the back.

5. Waist



Around body, at top of pants waistband.

6. Back Neck to Waist Point



From the base of neck (where the vertebrae protrudes from the spine)
to the top of the pant waistband.

7. Cross Shoulder



Measure straight across from shoulder bone to shoulder bone.

8. Sleeve Length



Measure from shoulder bone to elbow to center of wrist bone,
with arm at side.

9. Bicep



Measure around the widest part of the bicep with muscle flexed.

10. Forearm



Measure around the widest part (about 2" down from elbow crease) with muscle flexed (make a fist).

11. Wrist



Measure around wrist bone at center of wrist
(just below the base of the hand)

12. Outsteam from Waist



Measure from the waist down the outside of the leg to center of anklebone.

13. Waist to Knee



Move tape slide buckle along the elastic belt to the outseam (as shown in measurement #13). Measure from the waist down the outside of the leg to center of knee at side.

14. Thigh



Measure around thigh about 2" below crotch
(with pants pulled up snug and tape parallel to floor.)

15. Waist to Thigh



Move tape slide buckle along the waist point to the outseam.
Measure from the waist down the leg to where you have just
taken thigh measurement.

16. Knee



Locate the center of the kneecap and measure around the center of knee with leg straight.

17. Calf



Measure around the fullest part of the calf (or over the top of your boot, if boots will be worn under your leathers).

18. Ankle



Measure just above the anklebone,
or over boot if worn under leathers.

19. Hips



Measure around the fullest part of the hips and parallel to the floor.

20. Inseam



Measure from crotch seam along inside of leg to anklebone
(pull pants up snug before measuring).

21. Crotch to Knee



Measure from crotch seam along inside of leg to center of knee
(pull pants up snug before measuring).

22. Knee to Ankle



Measure from center of knee to center of anklebone along inseam.

23. Front Neck to Crotch



Measure from the hollow at the base of the neck to the crotch seam (with pants pulled up snug).

24. Neck to Neck



Measure from the hollow at the base of the neck to belt in front, through legs (with pants pulled up snug) then up to vertebrae at base of neck at back*.

*A normal 60" tape isn't quite long enough for this job. You can measure in two sections as shown below, Or continue until the tape ends. Then mark the end point with your finger, and measure/add the remaining distance.

25. Circumference under Bust



Measure just underneath the bust as shown.

(WOMEN ONLY)

26. Circumference over Bust



Measure around the widest portion of the bust and back,
With tape parallel to floor.

(WOMEN ONLY)

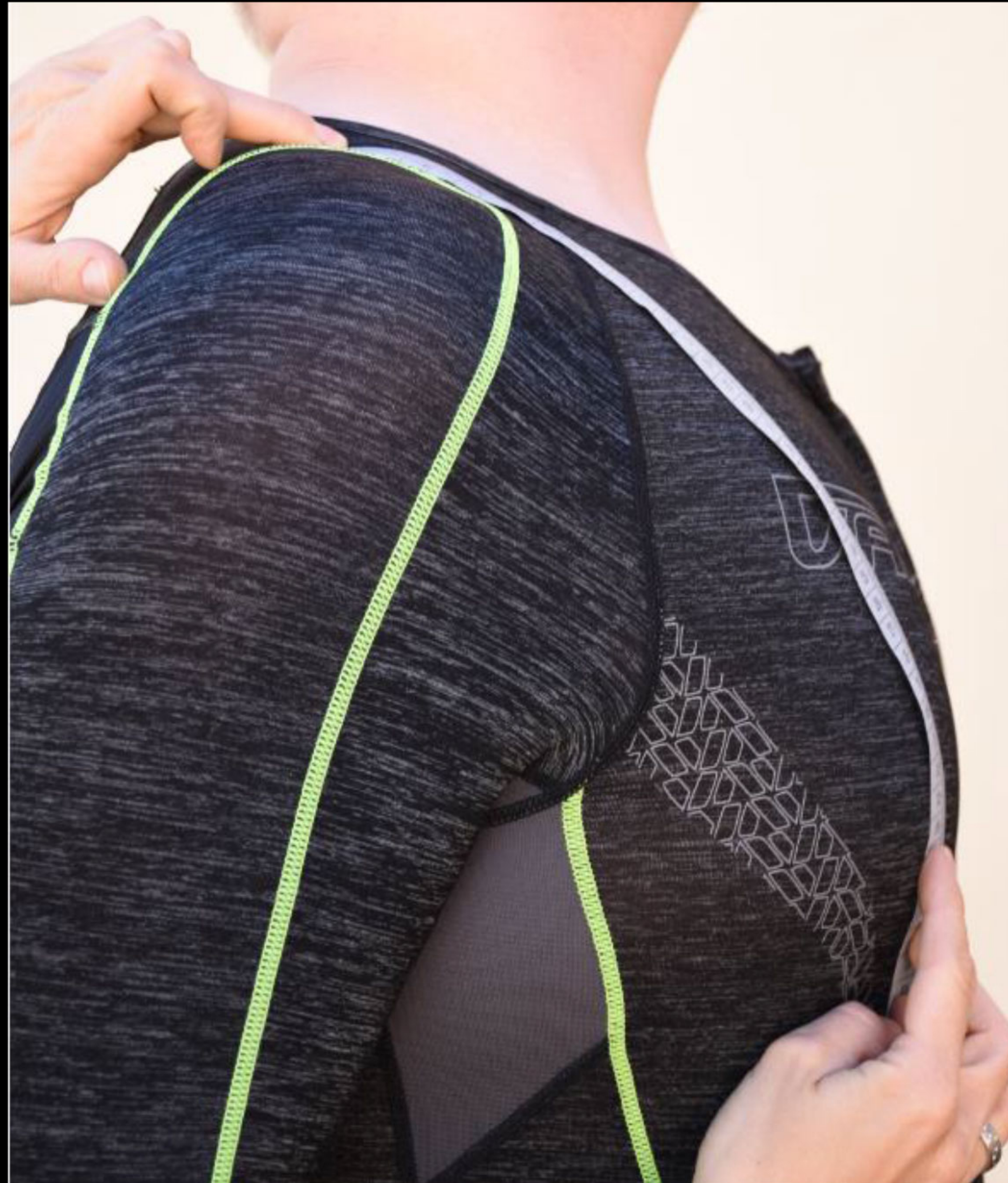
27. Circumference above Bust



Measure just above the bust as shown.

(WOMEN ONLY)

28. Back of neck to widest part of Bust



Measure from the base of neck at back (where the vertebrae protudes from the spine) to the shoulder point shown, then down to the apex Of the bust.

(WOMEN ONLY)

29. Apex to Apex



Measure across the bust from apex point to apex point, with tape
Parallel to the floor.

(WOMEN ONLY)

BODY MEASUREMENTS

1. NEVER measure yourself. Get someone to help you.
2. All measurements are in Centimeter (CM).
3. All measurements are required to tailor your best fitting.
4. Please make sure, that your body size is correct.
5. Your total length is (neck to ankle)
6. Your weight is
7. Your age is

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