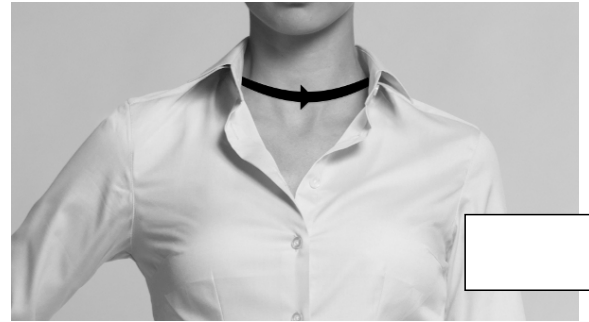


### 1. Neck

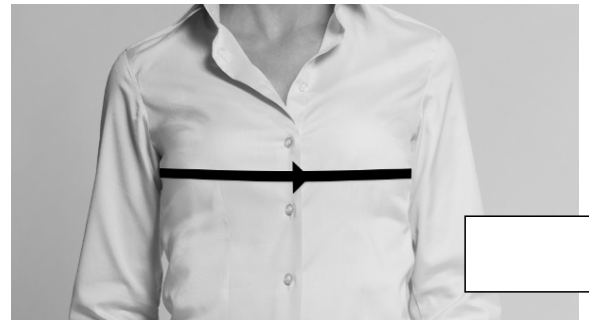
The neck measurement is taken around the neck with the tape resting on your shoulders. You should put one finger between the tape and the neck if you want to allow for some extra room.




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### 2. Chest

The chest measurement is taken as a circumference measurement around your chest at the widest point. Stand in a relaxed posture and breathe out.




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### 3. Waist

The waist measurement is taken as a circumference measurement around your waist just above your belly button. Stand in a relaxed posture and breathe out.



#### 4. Seat

The seat measurement is taken as a circumference measurement around your seat at the widest part.



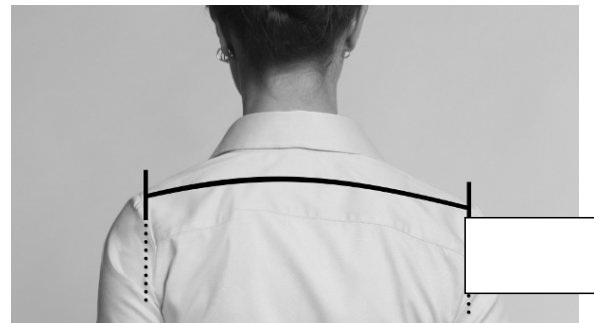

#### 5. Shirt length

The shirt length measurement is taken from the top of the shoulder, close to the mid side of your neck, following your body down to the point where you want your shirt to end.




#### 6. Shoulder width

Think of a line going from your armpit straight upwards to your shoulder. Measure between those two points and hold the tape measure straight.



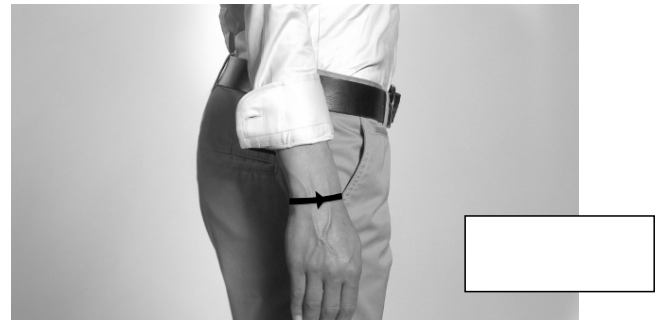
## 7. Arm length

The sleeve length measurement is taken from the point of your shoulder (where you took the shoulder width measurement), following your bent arm down to where you want the sleeve to end. NOTE 1! Bend your arm slightly when taking this measurement. NOTE 2! This measurement is always the full length of the arm. For short sleeve and 3/4 sleeve you should still measure the full length of the arm.



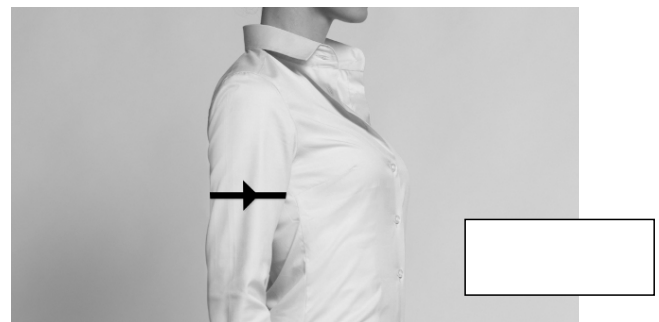
## 8. Wrist

The wrist measurement is taken as a circumference measurement around your wrist. NOTE ! We will add movement ease according to the cuff you select.



## 9. Biceps

The biceps measurement is taken as a circumference measurement around your biceps. Relax the muscle and measure at the widest part of your upper arm.



### 10. Hip

The hip measurement is taken as a circumference measurement around your hips at the widest part.



### 11. Polo shirt length

The polo shirt length measurement is taken from the top of the shoulder, close to the mid side of your neck, following your body down to the point where you want your polo shirts to end.

