

AMA Lagos

MEASUREMENT GUIDE



Neck

Measure around your neck at the height where your collar, if buttoned, would be. This measurement should be taken along the lower section of the neck, below your Adams Apple and above your Sternal Notch. The tape should be comfortably touching the skin, with enough room so that you do not feel restricted.

My Neck is XX inches.



Full Shoulder Width

Measure from the end of the right shoulder to the end of the left shoulder. We define the "End of the Shoulder" as where the horizontal plane of the shoulder intersects the vertical plane of the arm (see illustration). Double check measurement. **My Full Shoulder Width is XX inches.**

Full Chest

Measure around the chest and body at its fullest part (typically right under the armpits and shoulder blades, right across the nipples). Hold the tape against the body tight enough so that it does not slip down, but not so tight that it restricts breathing. It should be "snug". Make sure the tape is horizontal and the person's arms are by their side; then take a normal breath and measure. Do not puff out your chest. Double check this measurement. **My Full Chest is XX inches.**



Waist / Stomach

Measure around the fullest part of the waist/stomach or right below your bottom ribs, whichever is greater.

Jacket Waist is XX inches.



Sleeves

Right: Measure from the end of the right shoulder to the "Pinch" of the right hand. The "Pinch" of the hand is found where the base of the thumb and the base of the index finger intersect (approximately 1 inch above the index finger knuckle).

Double check this measurement.

Right Sleeve is XX inches.

Left: Measure from the end of the left shoulder to the "Pinch" of the left hand.

Double check this measurement.

Left Sleeve is XX inches.

Wrist

Measure around the fullest part of the wrist. You need only measure one side.

Wrist is XX inches.



Bicep

Measure around the fullest part of the bicep with the arms by your side.

You need only measure one side.

My Bicep is XX inches.



Front Jacket Length

Measure straight down the front from the base of the neck (right or left side) to the point level with your thumb knuckle.

My

Front Jacket Length is XX inches.

Knee

Measure around your knee at its widest point.

You need only measure one side.

My Knee is XX inches.



Thigh

Measure around your thigh at its widest point. You need measure only one side.

My Thigh is XX inches.



Hips/Seat

Measure around the fullest part of your hips and buttocks.

My Hips/Seat is XX inches.

Trouser Waist

Measure around your waist at the level where you would normally wear your pants (right above where your belt would be).

With the tape measure snug around your waist, relax, and take the measurement.

Don't be alarmed if this measurement seems larger than expected; off-the-rack pants are normally labeled as being smaller than what they really are.

Double check this measurement.

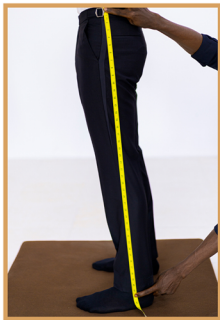
Trouser Waist is XX inches.



Crotch

Measure from the front top of the pant's waistband to the back top of the pant's waistband.

Crotch Measurements is XX inches.



Trouser's Outseam

Measure from the top of your pant's waistband to the floor along the outside of your leg.

Make sure the tape is tight, that you are standing straight, and then measure. No shoes please!

Double check this measurement.

Trouser's Outseam is XX inches.

Ankle

Measure around your ankle at its widest point. You need only measure one side.

My Ankle is XX inches.



Head

Measure around your ankle at its widest point.
My Ankle is XX inches.



