



X-Treme Rugbywear

HOW TO MEASURE YOURSELF

GIVE YOUR EXACT MEASUREMENTS: GIVE NO ALLOWANCES

All measurements to be written in inches or centimetres in the box below each figure



1. CHEST

Measure around body well up under armholes



2. WAIST

Measure around waistline



3. HIPS

Measure around hips at widest point of seat but not tight



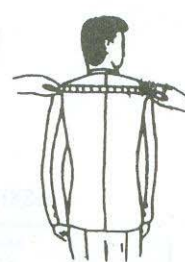
4. JACKET LENGTH

Measure from top of Shoulder Seam to point of length as desired



5. VEST LENGTH

Measure from top of shoulder seam to point of vest as desired



6. FULL SHOULDERS

Measure back at end of shoulders



7 SLEEVES

Measure sleeves from shoulder seam to length desired



8. FRONT

Measure from one armhole to other armhole in front



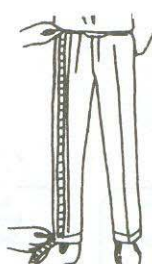
9. BACK

Measure from one armhole to other armhole at back



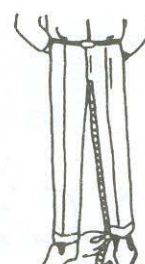
10. LENGTH

Measure from lower collar seam to length desired



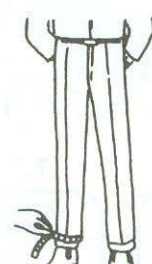
11. LENGTH

Measure from top of waist bend to bottom of cuff



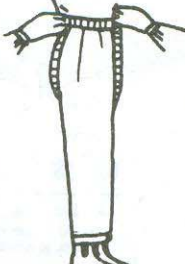
12. INSEAM

Measure inseam from crotch to bottom of cuff



13. CUFF

Measure width around cuff as shown



14 CROTCH

Measure from centre front waist under legs to centre back waist

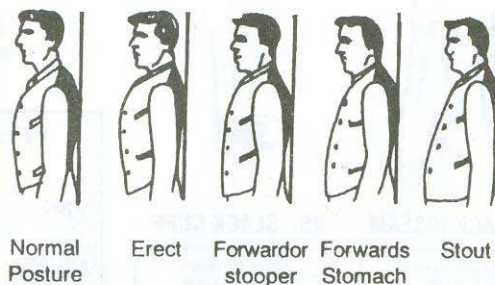
Shirt collar.....

Sleeves....."

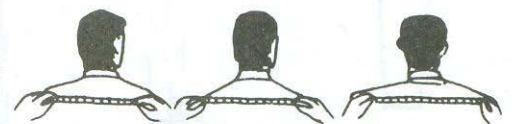
Height....."

Weight.....

Age.....



Normal Posture Erect Forward stooper Forwards Stomach Stout



Normal Neck Long Neck Short Neck

RIGHT OR LEFT SHOULDER LOWER

Circle illustration nearest to your Figure.