

## MEASURING GUIDE

MEASURING VIDEO:

<http://bit.do/measure6>



**TONYSUITS**  
PANTS and SHORTS

### (I) WAIST

On a slim form, the waist is a couple inches above the belly button.

On a large form, the waist should measure around the largest part of the stomach, usually on, or below, the belly button.

Resist the temptation to suck in your stomach.

### (I-2) WAISTBAND

Measure around the waistband area, holding the tape measure to simulate wearing a belt.

### (J) HIP (AT WIDEST POINT)

Remove everything from your pockets. MEASURE AT THE WIDEST POINT. This is generally about 7 inches below the waistline at the belly button.

### (K) THIGH

The thigh measurement is around the uppermost part of the leg, but be sure not to include the buttock. Tip: make sure the tape measure is as high up the leg as possible, even if the thigh widens below this point.

### (L) ABOVE KNEE

Before measuring, elevate the knee to the front at a 90 degree angle, AKA Captain Morgan stance. This engages the hamstring and tendons. Measure 1-2 inches behind the knee, being sure the tape measure is perpendicular to the floor.

### (O) CALF

To flex the calf muscle, lift the heel. Measure at the widest point being sure to keep the tape measure level.

### (M) INSEAM TO TOP OF KNEE

Stand with the legs shoulder-width apart, have the tape measure held at the crotch and measure along the leg to the TOP of the kneecap. TIP: If the person being measured is looking down, they will lose a few inches. Be sure to have them stand upright and look straight ahead.

### (N) FULL INSEAM

Stand with the legs 3-4 inches apart, have the tape measure held at the crotch (where the the seam of the pants cross) and let the tape measure "plum drop" to the floor, not along the leg.

TIP: If the person being measured is looking down, they will lose a few inches. Be sure to have them stand upright and look straight ahead.

### LENGTH OF SHORTS

Standing with legs straight, measure from deep crotch where the seam of the pants cross. Do not curl/bend tape over at the crotch. Lay the tape against the leg and measure to the desired length. Keep in mind that the harness will pull up the shorts about 3 inches.

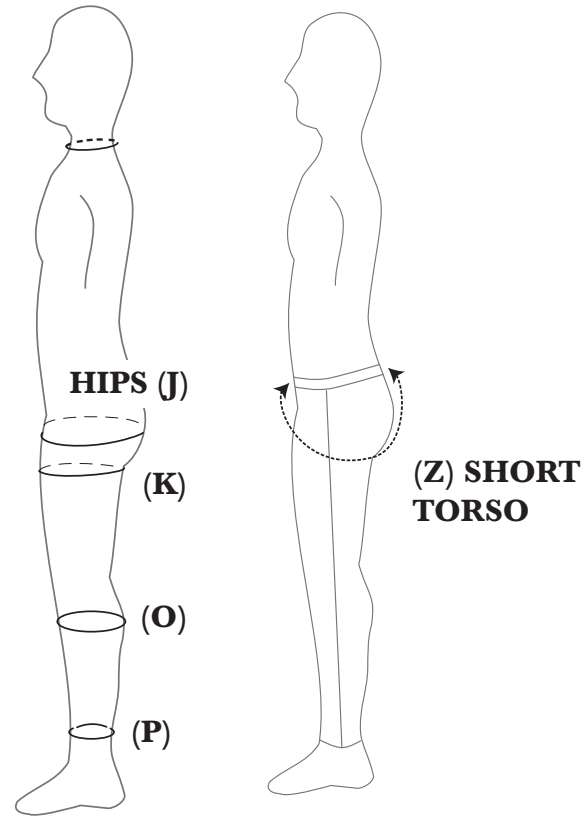
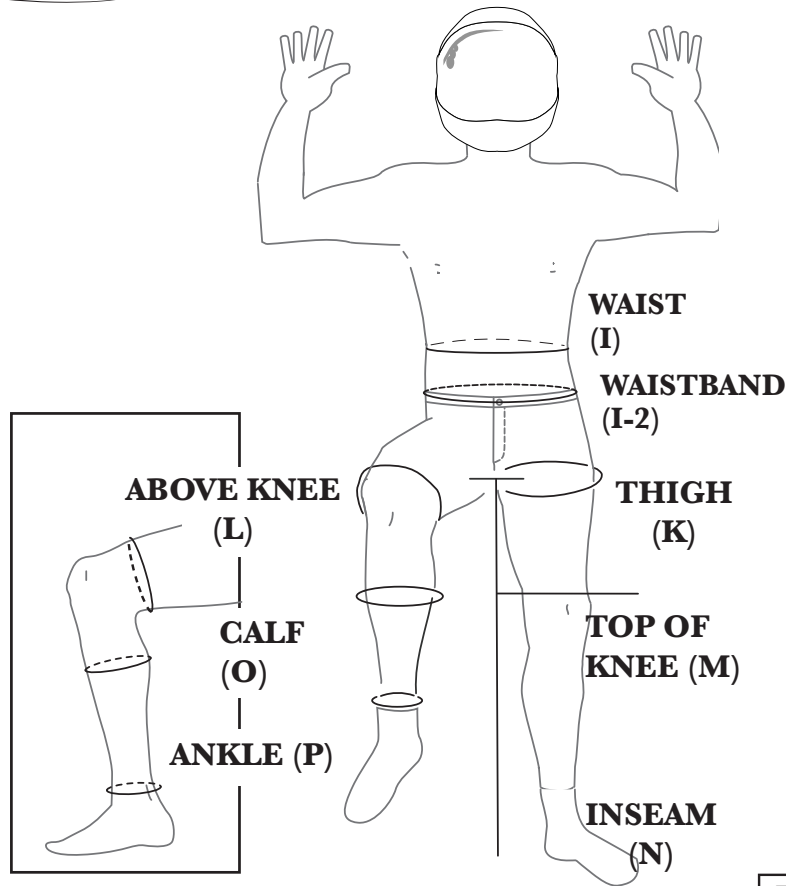
### (Z) SHORT TORSO

Measure from the top of the front of the waistband (I-2), down between the legs, and up to the top of the back of the waistband. Let the measuring tape contact the body curves, without being too tight (wedgie) or too loose. TIP: wear pants or shorts that are an example of how you want these to fit.

# MEASURING FORM



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			US
GENDER	HEIGHT	WEIGHT	SHOE SIZE

WAIST	WAISTBAND	HIPS	THIGH	ABOVE KNEE
<b>I</b>	<b>I-2</b>	<b>J</b>	<b>K</b>	<b>L</b>
<b>O</b>	<b>P</b>	<b>M</b>	<b>N</b>	<b>Z</b>
CALF	ANKLE	INSEAM TO TOP KNEE	TOTAL INSEAM	SHORT

LENGTH OF SHORTS

Name \_\_\_\_\_ Contact Email \_\_\_\_\_ **Enter the measurements into the online designer**  
 Dealer \_\_\_\_\_ Contact Phone \_\_\_\_\_ [www.tonysuits.com/products/design-a-suit](http://www.tonysuits.com/products/design-a-suit)