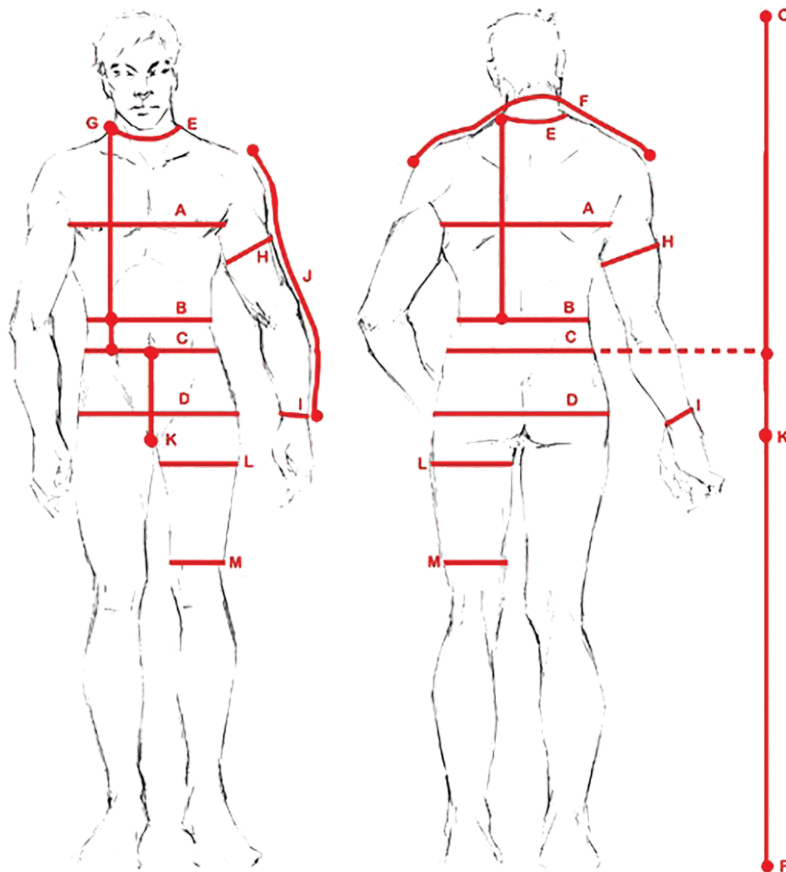
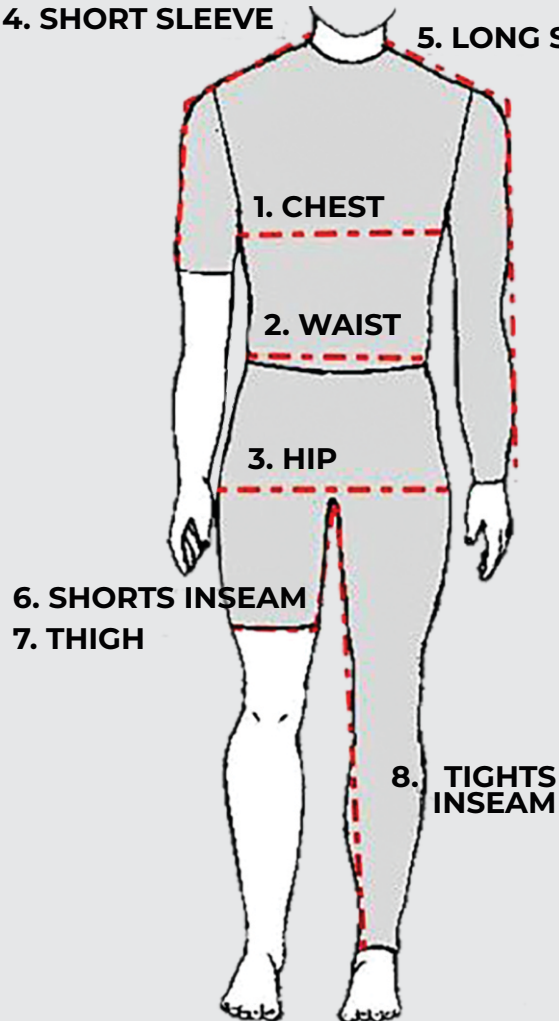


Men Male Measurement Chart



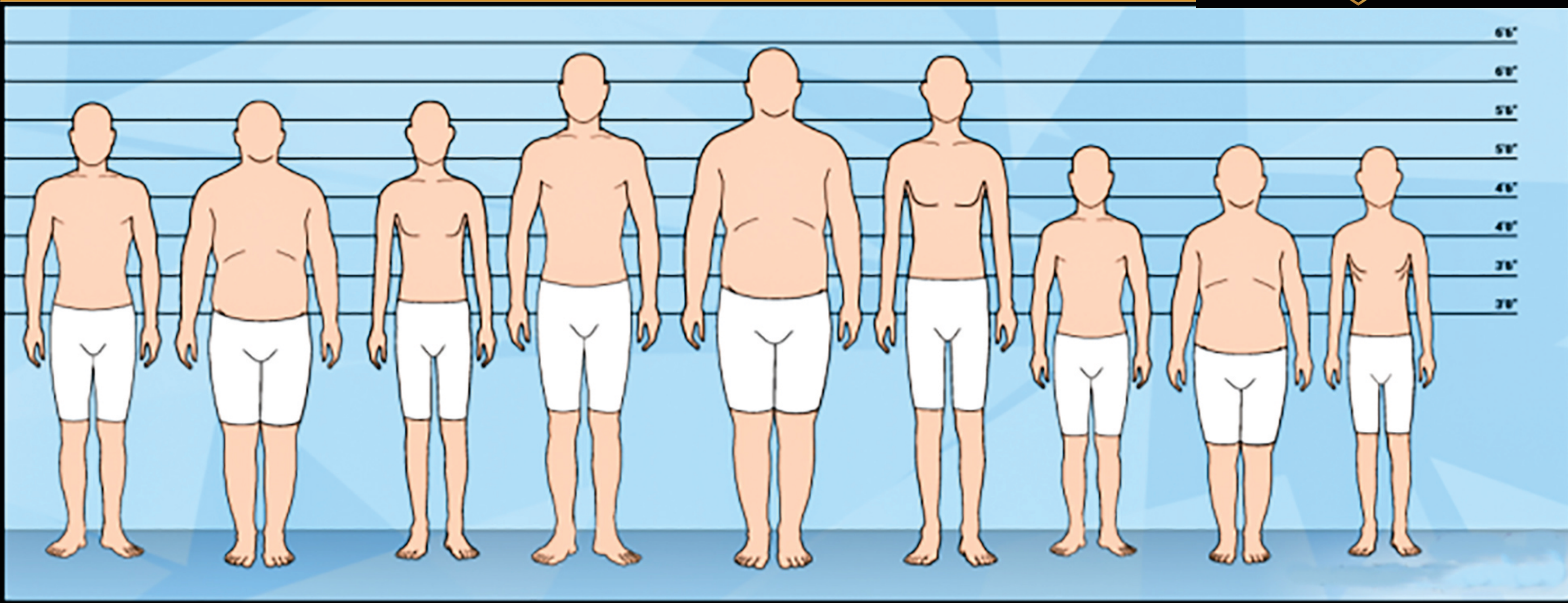
Chest	A
True Waist	B
Relaxed Waist	C
Hip	D
Around Collar	E
Shoulder Width	F
Hemline	G - C
Sleeve	j
Around Arm	H
Wrist	I
Crotch Length	C - K
Around Leg	L
Above Knee	M
Total Leg Length	C - P
Inside Leg Length	K - P
Height	O - P

4. SHORT SLEEVE 5. LONG SLEEVE



1. **CHEST:** measure around fullest part of chest.
2. **WAIST:** measure around body where you wear your cycling shorts.
3. **HIP:** measure around fullest part of bottom.
4. **SHORT SLEEVE:** measure from side of neck to bottom of biceps muscle.
5. **LONG SLEEVE:** measure from side of neck to wrist bone.
6. **SHORTS INSEAM:** measure from inner crotch to lower quadriceps.
7. **THIGH:** measure around lower quadriceps.
8. **TIGHTS INSEAM:** measure from inner crotch to ankle

Bespoke Unit's Guide To Understanding Your Body Type



Average Height & Weight

Average Height & Heavyset

Average Height & Thin

Average Weight & Tall

Big & Tall

Tall & Thin

Average Weight & Short

Short & Heavyset

Short & Thin