



# clifton charles

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The process is very easy and takes only a few minutes. It is best to be measured in the fewest layers possible and follow our instructions carefully. Please provide us with exact measurements to the 1/4 inch. We will take it from there!



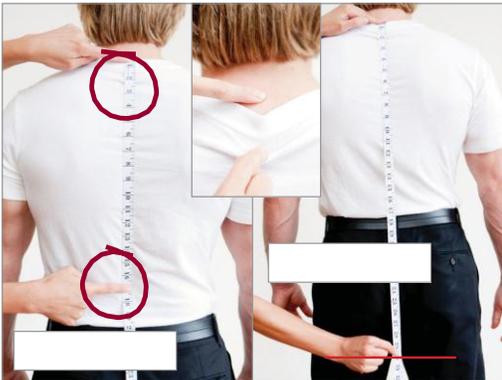
**1. Neck.** Measure around the neck on top of the Adam's Apple. Put two fingers in between the neck and the tape.



**2. Chest.** Measure the most prominent part of the chest. Make sure the tape is straight all the way around.



**3. Stomach.** Measure the most prominent part of your natural waist/stomach. Relax! Make sure tape is straight! Record that measurement. Now keep your finger on the spine right above the tape as indicated in the picture above.



**4 & 5. Back Length/Length to Seat.** Measure from the top vertebrae bone to spot on the back from #3. Record that measurement. Now, measure from the top vertebrae again to the space below the crotch.



**6. Hips.** Empty your pockets. Measure around the most prominent part of the hips & butt.



**7. Shoulders.** Measure from shoulder point to shoulder point (where arm meets shoulder- you should feel a bump).



**8. Biceps.** Place arm at 45 degree angle. Measure two finger spaces from armpit. For slimmer fit, there should be no space between tape and bicep.



**9 & 10. Arms.** Make a fist and hold right arm at 90 degrees with fist on upper chest. Place tape on top vertebrae, measure around elbow to beyond wrist to the curvature where hand meets the arm. Repeat for left arm.



**11 & 12. Wrist.** Measure around the wrist bone (no space); measure the watch on the other hand (if applicable).