

HOW TO MEASURE :

INNOTEX PROCEDURE MEASUREMENT:

Take the measurements over the clothing. Use a tape measure and write down the measure taken to the nearest half-inch for each of the following. The measurer should use the measuring tape fit snugly, without compressing any underlying soft tissues.

A Height:	Measure from the top of the head down to the floor without shoes.	
B Inseam:	Measure from high in the crotch to the bottom of the ankle bone.	
C Chest:	Measure around the fullest part of the chest.	
D Torso:	Measure over the arms at the fullest part of the chest. (Chest with biceps)	
E Sleeve:	Please make sure you take the measurement with the arm bent at a 90 degree angle. Measure the arm starting from the center base of the neck (back), over the shoulder, to the outer point of the elbow, with the fist closed to the top knuckle bone of the little finger . The hand should normally be over the navel.	
F Waist:	Measure around the top of the hipbones. (Where the upper body fold). The waist line is usually aligned with the navel.	
G Hip:	Measure at the largest part of the hips or buttocks. (Whichever is the largest)	
H Outseam:	Measure from the top of the hip bone to the floor without shoes.	
Knee:	Measure the circumference of your leg directly above the kneecap.	
Weight:	Weight in pounds. Always use a scale without shoes.	
SPECIAL NOTES:		
DO NOT ADD ANY ALLOWANCE.		
Garments are graded every two inches (even numbers). Measurements with odd numbers are always rounded up to the next garment size. The same is applied to sleeve and inseam measurements.		
GO TO OUR WEBSITE AT WWW.INNOTEXPROTECTION.COM FOR HELP.		