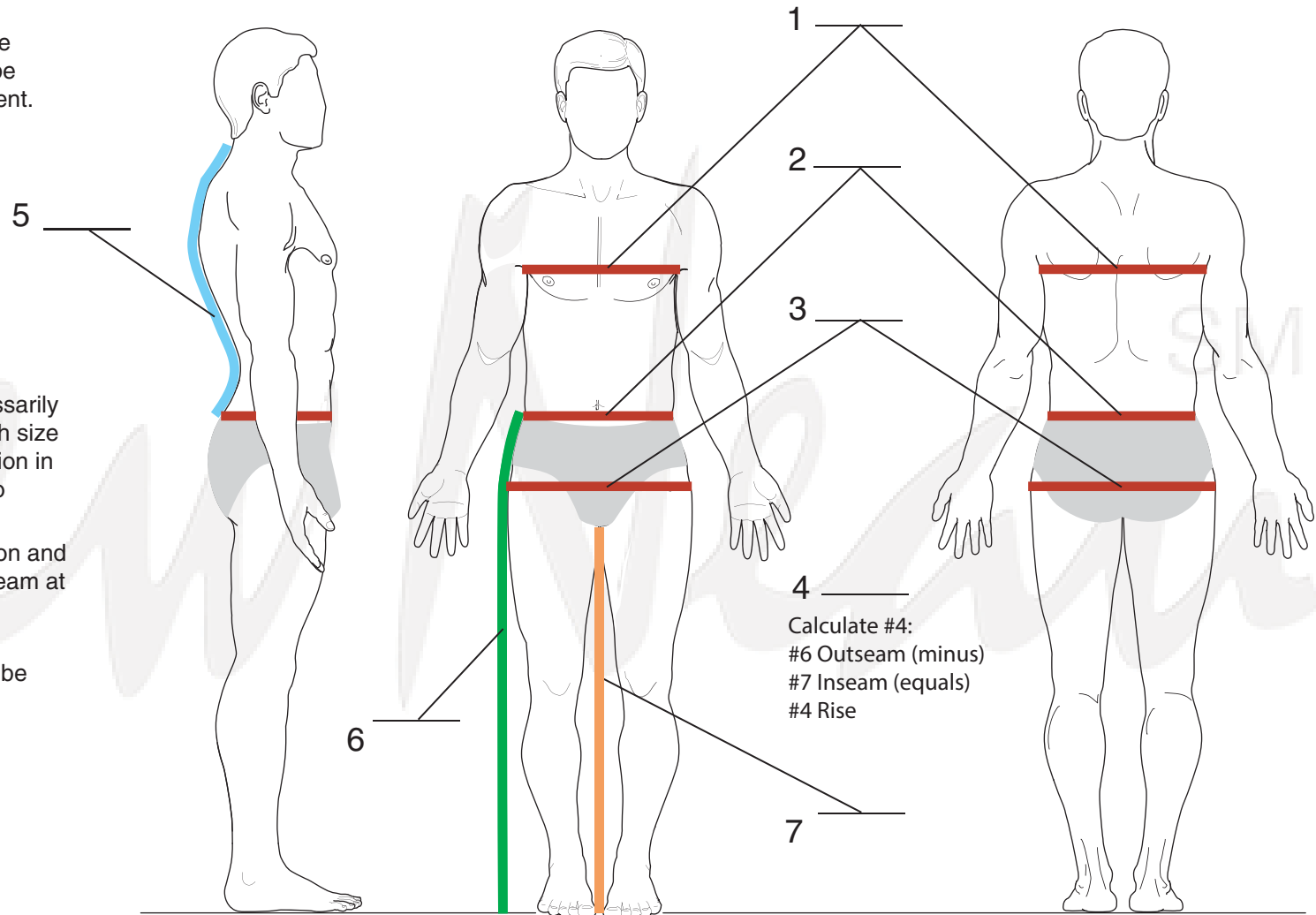


1. Chest — Measured Under the Arms
2. Waist — Measured Slightly Below the Navel
3. Hips/Seat — Measured Approximately 6" below the Waist
4. Rise — The Difference between the Outseam (#6) and the Inseam (#7)
5. Length, Neck to Waist — Measured Down the Spine
6. Outseam — Measured on the Side from Waist to Floor, on the Outside of the Leg\*
7. Inseam — Measured from Crotch to Floor, on the Inside of the Leg\*

\* Whenever possible, measure wearing the shoes that will be worn with the finished garment. Heel height affects the measurement.



### Waist, Outseam & Rise

The waistline is not necessarily a straight line. As stomach size increases, the waist location in front often moves down to accommodate it.

However, the waist location and starting point for the outseam at the side remain relatively constant.

That is why the rise must be calculated.

4 ———  
 Calculate #4:  
 #6 Outseam (minus)  
 #7 Inseam (equals)  
 #4 Rise