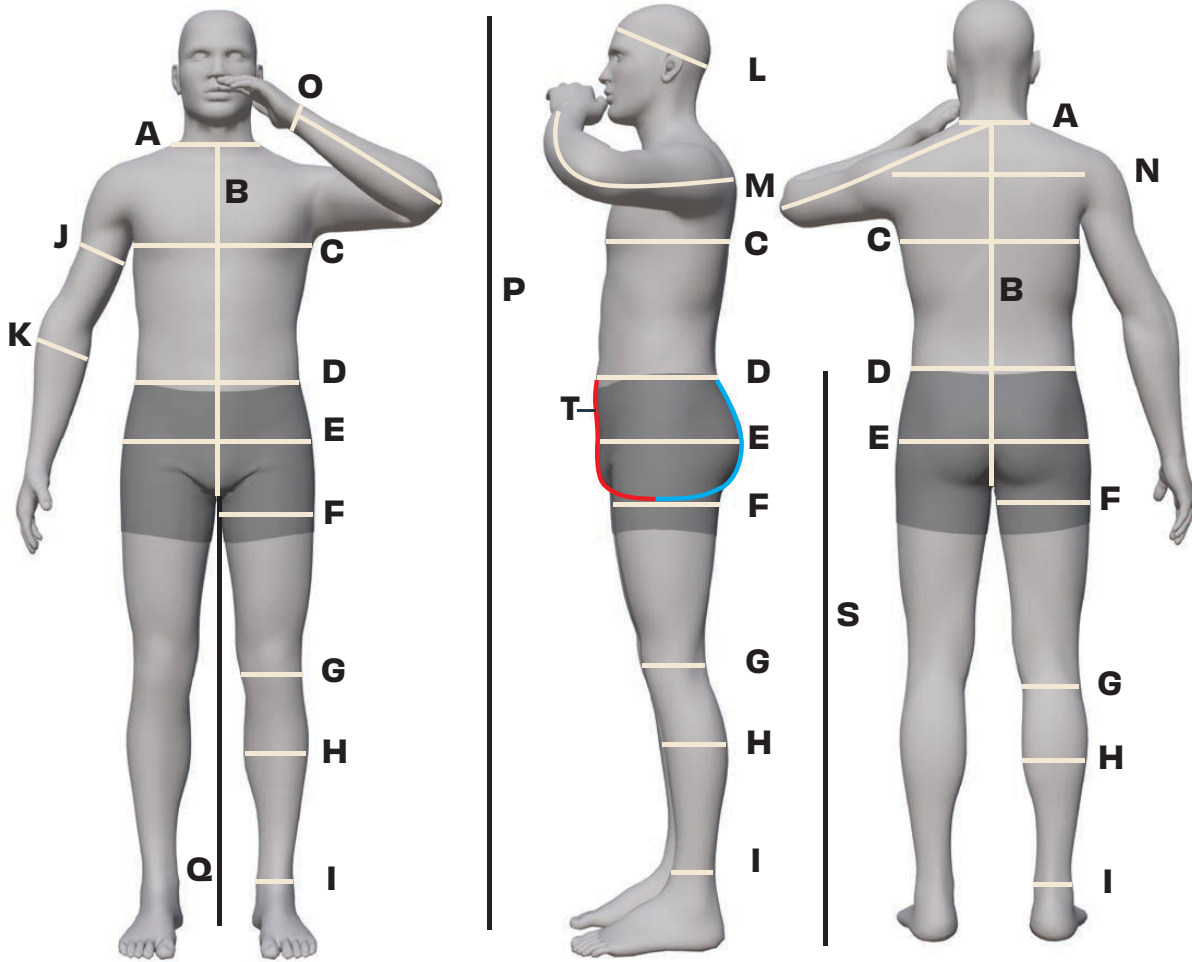


MFC-136 MENS FIT CHART

Alpha Size	XS		S		M		L		XL		XXL		3XL		4XL	
Numeric Size	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62
Chest	29½-31½	31½-33½	33½-35½	35½-37½	37½-39½	39½-41½	41½-43½	43½-45½	45½-47½	47½-49½	49½-51½	51½-53½	53½-55½	55½-57½	57½-59½	59½-61½
Waist Max.	33½		37½		41½		45½		49½		53½		57½		61½	
Hip Max.	35¼		39¼		43¼		47¼		51¼		55¼		59¼		63¼	

Alpha Size	5XL		6XL	
Numeric Size	64	66	68	70
Chest	61½-63½	63½-65½	65½-67½	67½-69½
Waist Max.	65½		69½	
Hip Max.	67¼		71¼	

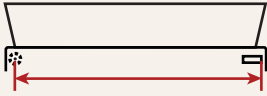
HEIGHT: Short=5'3"-5'7" Regular=5'7"-5'11" Long=5'11"-6'3" Extra Long=6'3"-6'7"



- | | | | | | | | |
|----------|-------|----------|-------|----------|---------------|----------|----------|
| A | Neck | F | Thigh | J | Bicep | N | Shoulder |
| B | Trunk | G | Knee | K | Forearm | O | Wrist |
| C | Chest | H | Calf | L | Cap | P | Height |
| D | Waist | I | Ankle | M | Sleeve Length | Q | Inseam |
| E | Hip | | | | | | |

A - Neck

Measure around the base of your neck where a collared shirt would fit; or measure a collarband of a shirt that fits you well. Lay the collarband flat. Measure from the beginning of the buttonhole to the center of the button.



B - Trunk

Measure from the base of the neck (front) down around the crotch and back up to the bottom of the collar. For coveralls only - see diagram.

C - Chest / Bust

Measure at the fullest part of your chest / bust. Hold the tape firmly, but not tightly. Be sure the tape is level and straight across your back. Stand naturally with your arms down by your side.

D - Waist / Mid Section

First, remove your belt. Then measure over shirt (not over pants) at the position you normally wear your pants. Hold the tape firmly, but not tightly. Note - For shirts and coveralls, measure the largest portion of the mid-section.

E - Hips

Stand with your heels together. Measure around the fullest part of the hips. Hold the tape measure straight and level.

F - Thigh

Measure the circumference of the upper leg close to the crotch (approximately 1" below crotch).

G - Knee

With the leg straight, measure the knee circumference over the knee cap and parallel to the floor.

H - Calf

Measure the circumference of the largest part of the lower leg approximately half way between the knee and ankle and parallel to the floor.

I - Ankle

Measure the ankle circumference over the ankle bone and parallel to the floor.

J - Upper Arm / Bicep

Measure the maximum circumference of the upper arm just below the underarm.

K - Forearm

Measure the maximum circumference of the forearm at approximately 6" above the wrist.

L - Cap / Hat Size

Measure the circumference of the head at its widest diameter, approximately 1/8" above the ears.

M - Sleeve

Bend the elbow as shown (see M). Start at the center back neck and measure across shoulder to the elbow and down to the wrist bone.

N - Across Shoulder

While standing with arms down, measure across the back from one shoulder joint to the other.

O - Wrist

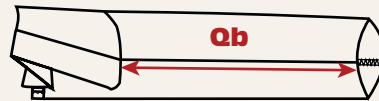
Measure the wrist circumference over the wrist bone.

P - Height

Stand straight against a wall without your shoes. Make a mark level with the top of your head. Measure from this point down to the floor.

Q - Inseam

Standing straight, measure the distance from the crotch to just below the ankle bone. **Or** - using similar style pants that fit you well; lay garment flat and with the front and back creases smooth. Measure the inside seam of one leg from the bottom of the hem to the crotch (see Qb).



R - Overarm (Blazers)

With arms at the sides, measure around the broadest part of the shoulders and upper arms, keeping the tape level at all times. If overarm is more than 7" larger than the chest, go up one size.

S - Outseam

Measure along the outside of the leg from the top of the waistband to the bottom of the hem or just below the ankle bone.

Sa - Outseam on Garment

On an existing garment: lay garment flat, measure along the outseam from the top of the band to the bottom hem.



T - Front and Back Rises

Front - this is the distance from the center front at the top of the waistband to the intersection of the crotch seam.

Back - this is the distance from the center back waistband to the intersection of the crotch seams.

