MFC-97 · TABLEAU DE CONVERSION ALPHA-NUMÉRIQUE POUR HOMMES

	XS		S		M		L		XL		XXL		3XL		4XL		5XL		6XL		7XL	
Size	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72
Chest	29½↓31	31½↓33	33½↓35	35½↓37	37½↓39	39½↓41	41½↓43	43½↓45	45½↓47	47½↓49	49½↓51	51½↓53	53½↓55	55½↓57	57½↓59	59½↓61	61½↓63	63½↓65	65½↓67	67½↓69	69½↓71	71½↓73
Waist Max	26½	28½	30½	32½	34½	36½	38¾	41	43¼	45½	47¾	50	52¼	54½	56¾	59	61¼	63½	65¾	68	70¼	72½

Height: Short: 5'3"-5'7" **Regular:** 5'7"-5'11" **Long:** 5'11"-6'3" **X-Long:** 6'3"-6'5"
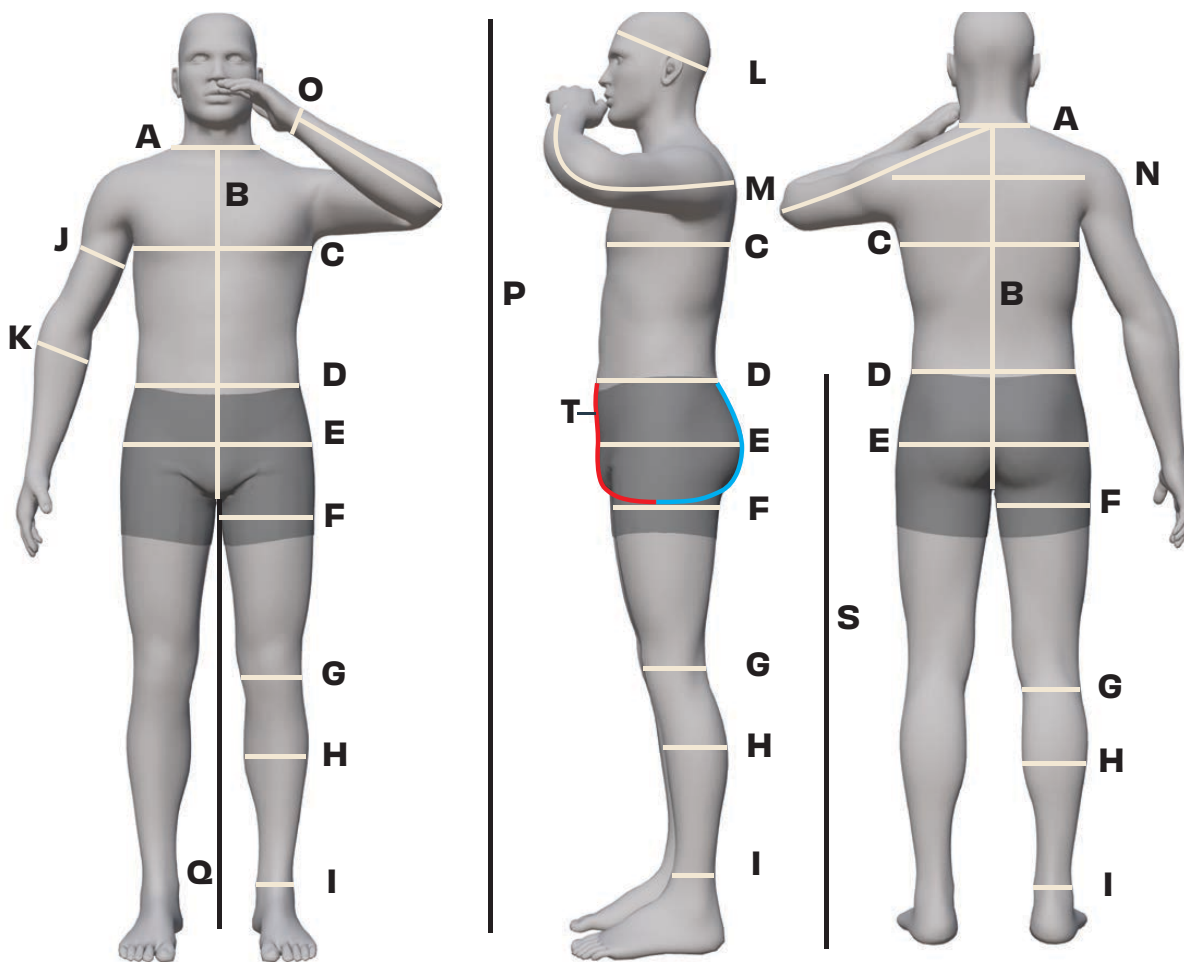
A	Neck	**F**	Thigh	**J**	Bicep
B	Trunk	**G**	Knee	**K**	Forearm
C	Chest	**H**	Calf	**L**	Cap
D	Waist	**I**	Ankle	**M**	Sleeve Length
E	Hip				

N	Shoulder
O	Wrist
P	Height
Q	Inseam

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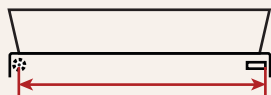
B - Trunk
Measure from the base of the neck (front) down around the crotch and back up to the bottom of the collar. For coveralls only - see diagram.

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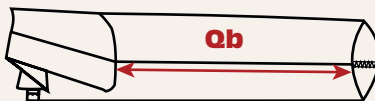
R - Overarm (Blazers)
With arms at the sides, measure around the broadest part of the shoulders and upper arms, keeping the tape level at all times. If overarm is more than 7" larger than the chest, go up one size.

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.