





## INSTRUCTIONS

This tape measure should be used as a guide only. Please refer to our website at [www.bigozzy.com](http://www.bigozzy.com) for more detailed information about the cut of a particular garment. All manufacturers are different and some items are cut larger or smaller than others carrying the same XL size.

1. Cut out each of the seven sections carefully.
2. Attach the sections together (we recommend sticky tape). Each section should completely cover the "overlap" box of the previous section.
3. To measure your waist, put the tape measure around you where you want the waistband of your trousers to sit.
4. To measure your chest, put the tape measure around you just below your armpits.
5. To measure your inside leg (you need someone to help you with this), start just below your groin and measure to your heel, standing comfortably with your legs straight.
6. To measure your collar size, put the tape measure around your neck where your neck joins your torso and measure so that you can comfortably fit a finger behind the tape measure, without it being too tight or too loose.