

SIZE GUIDE

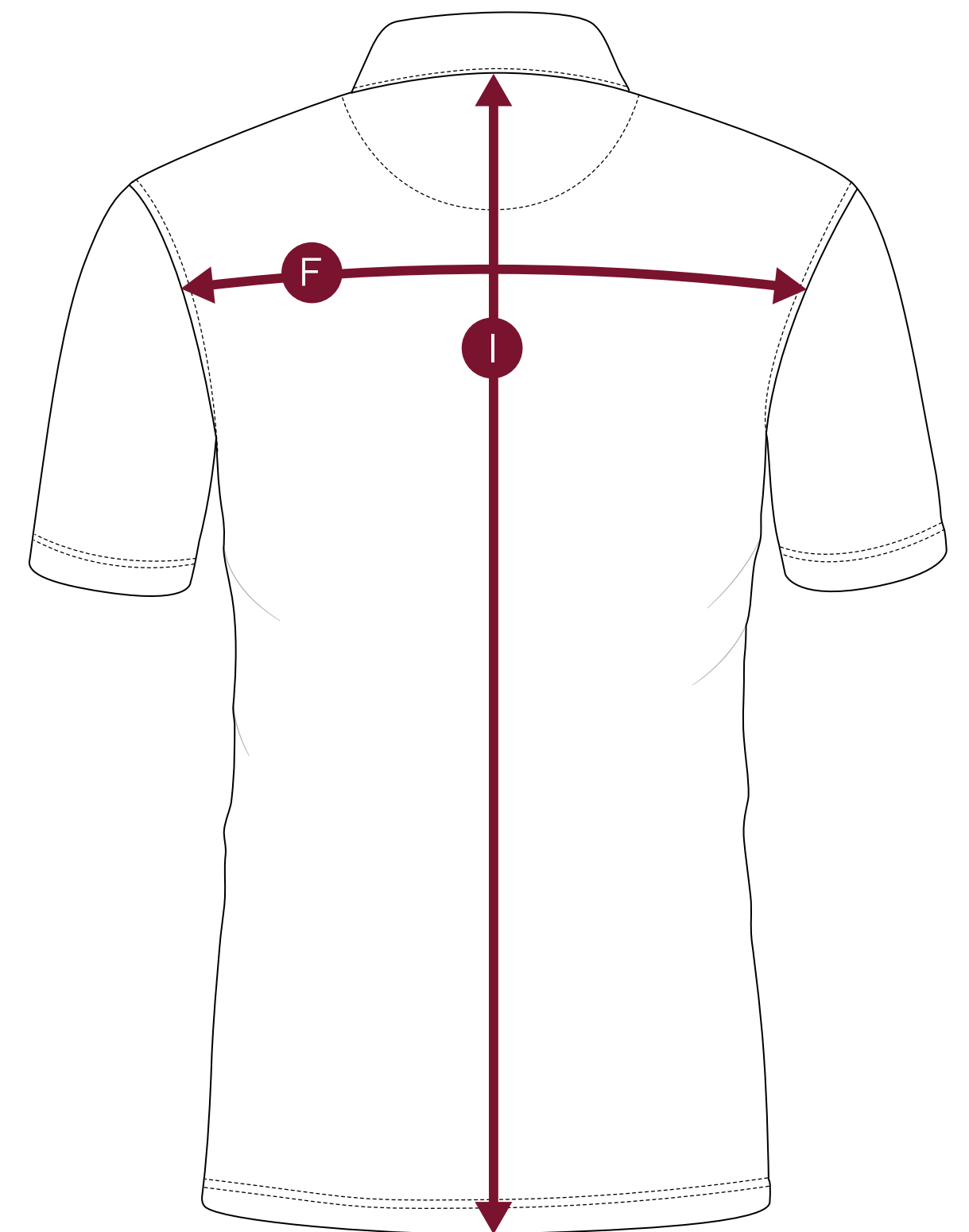
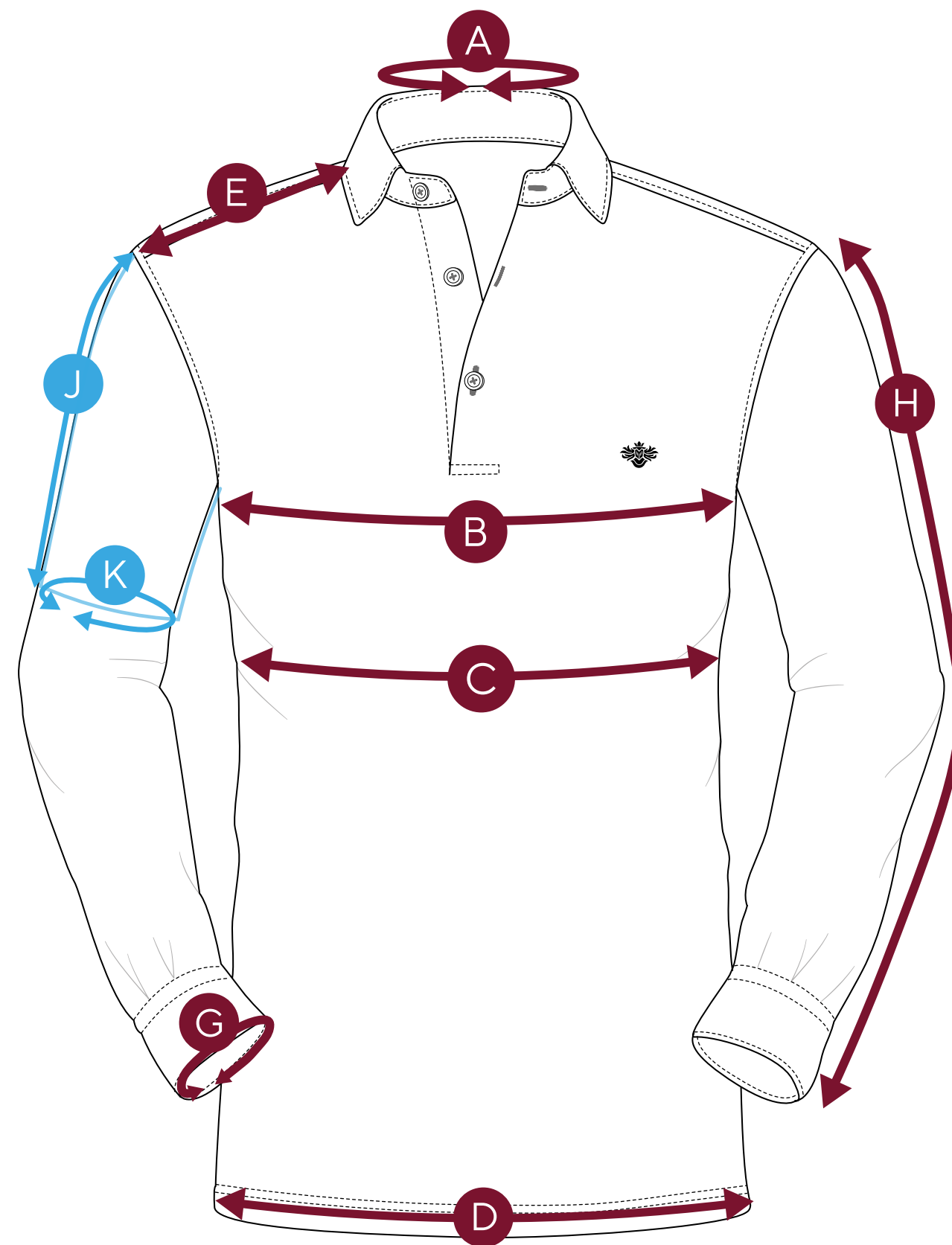
Men poloshirt and T-shirt

How to measure?

If you're not sure which size to choose, simply grab your favorite poloshirt, button it up and lay it down on a flat surface. For measuring, please follow the picture on the right. When you have your measuring done, compare it with our size guide depending on which poloshirt fit you prefer.

In order to make your new poloshirt perfectly fitting, it is very important to measure the bustline (B) and the shoulder width (E) properly. If these two measures match with ours in this guide, then it is very likely that this size will fit you the best.

● For poloshirt with a short sleeve.



A Neck (collar size)

Open up the poloshirt and lay it flat with its back on the ground. Measure from the centre of the button to the 2/3 length of the buttonhole.

B 1/2 Chest

Place the measuring tape at the top of the seam where the sleeve attaches to the body of the poloshirt and measure across to the same point on the other side.

C 1/2 Waist

Find the narrowest part of the poloshirt, which should be about halfway between the armpit and the bottom of the poloshirt. Measure straight across from the left of the poloshirt to the right.

D 1/2 Hip

Place the measuring tape on the left bottom hem and measure straight across to the same point on the right side of the poloshirt.

E Shoulder width

Measure along the shoulder seam from the collar to the armhole.

F Back width

Measure along the yoke seam on a back of the poloshirt.

G Cuff width

Spread the cuff flat. Measure from the one edge to other edge of the cuff.

H Sleeve length including cuff

Measure from the shoulder (where is the armhole seam) to the bottom of the cuff.

I Poloshirt length

Place the measuring tape at the seam where the collar band attaches to the yoke and measure straight down the middle of the back of the poloshirt to the hem at its longest point.

J Short sleeve length

Measure from the shoulder (from the seam of the sleeve to the armhole) to the bottom edge of the sleeve.

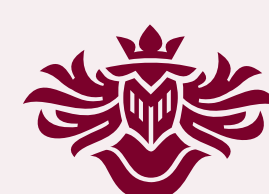
K Short sleeve width

Measure the width of the sleeve from one end of the sleeve to the other and multiply by two. We always enter the total width of the sleeve.



Do you need help?
Janek will assist you!

+420 571 116 116
info@janekshirts.com



BODY MEASUREMENTS

Men poloshirt

How to measure?

Customer should stand in a **relaxed posture**. It is NOT suitable to put customer in front of the mirror. Customer should be dressed in a poloshirt for ideal body measure.

If you measure on the right side and also on the left side of body, you take the measure from the customer's view. It is important to look on the customer's body posture, asymmetries and other changes.

1 Neck

The neck measurement is taken around the base of the neck where a shirt collar would sit. Measure with one finger between the tape and the neck.

3 Waist

The waist measurement is taken around the natural waistline which is the narrowest part of the waist. If the customer has a belly, measure the waist at the widest point of the belly. Customer should stand in a relaxed posture.

5 Shoulder width

Measure from the side neck point to shoulder joint.

7 Biceps (for a short sleeve)

Measure around the thickest part of biceps. Customer should flex the bicep while measuring.

9 Poloshirt length

Measure from the base of the back of the neck following the body down to the point where the customer wants the shirt to end. This point is usually the bottom of the buttocks.

2 Chest

The chest measurement is taken around the widest point with one finger between the tape and the chest. Keep the measuring tape straight and parallel to ground.

4 Hip

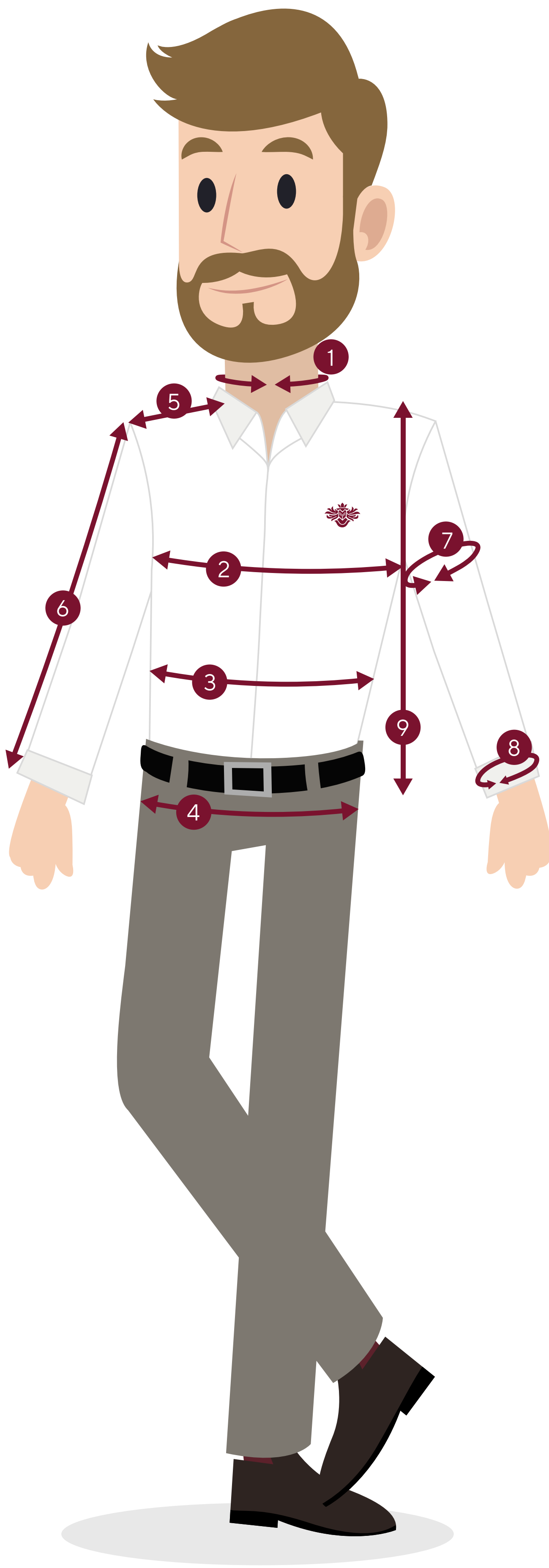
The hip measurement is taken around the hip at the widest part. Measure from the side view.

6 Sleeve length including cuff

First measure the sleeve length including cuff and shoulder – measure from the side neck point across the shoulder point following the bent arm down, ending at the wrist joint. Then you subtract the measure „shoulder width“ from this measure.

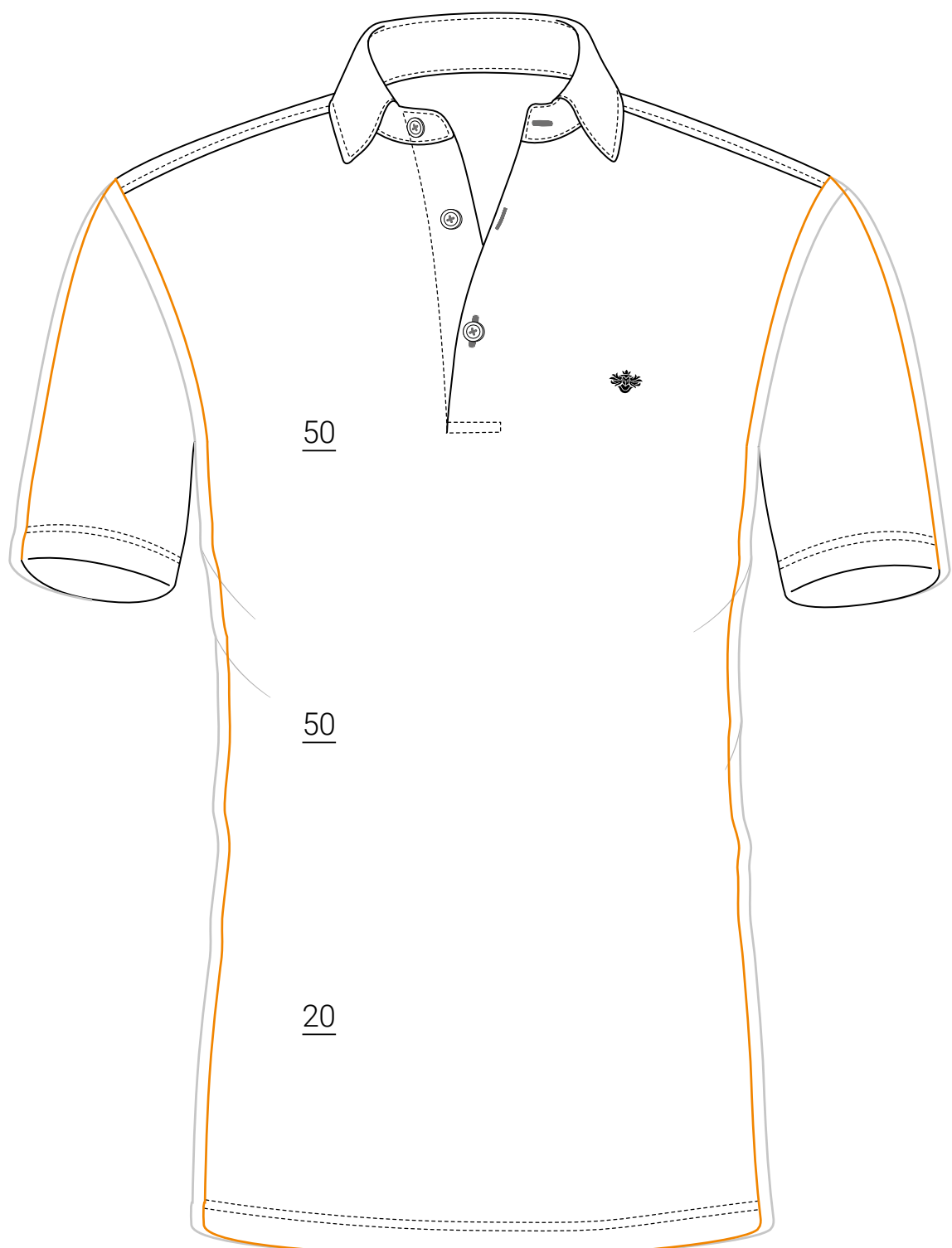
8 Cuff width

The cuff should fit comfortably around your wrist but be tight enough that when buttoned it doesn't slide over your hand. Wrap the tape around the wrist below the wrist bone and add allowance which the customer needs and also add 2,5 cm to this measurement for buttoning. If desired, add allowance to the wrist you wear a watch on.

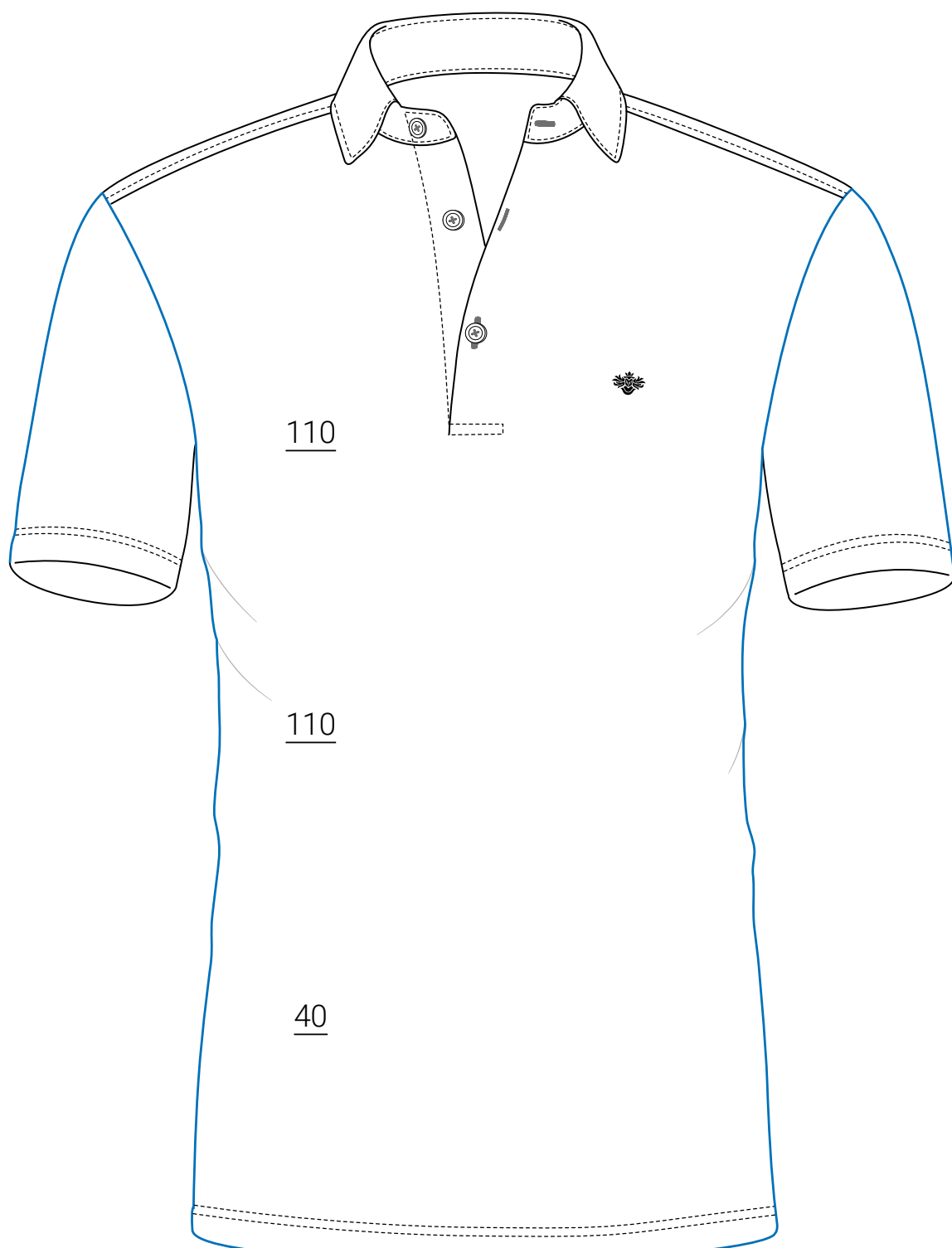


! Remember that we offer 2 basic fits of the poloshirt, so after the measurement it is necessary to choose which fit will suit you best. In the picture below you can see all the fits and with them the values (in mm) that need to be added to your measurements around your **chest, waist and hips**.

EXAMPLE: Your chest girth is 103 cm, whereas a half value is entered in the table, which is 51.5 cm. Let's say you'd rather have a tighter poloshirt, so your desired fit is slim. Then you add 50 mm to the half of the measurement around your chest and you get 56.5 cm. This value would be equal to the **size 42 in our table**. You will do the same with the measurements around the waist and hips and then you compare the values with those in the table below. The ones closest to those in the table then help you find the size of the shirt you should choose.



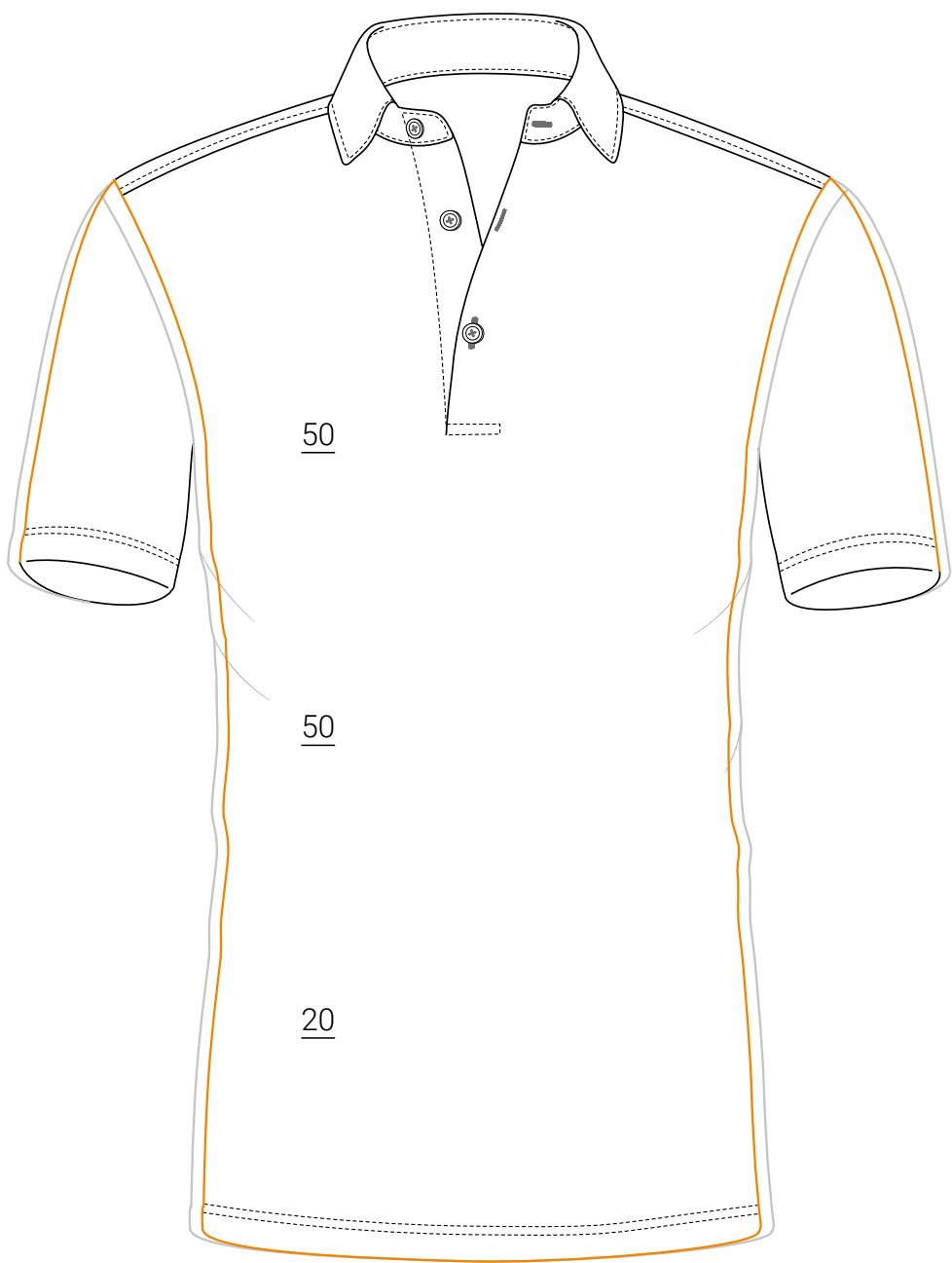
slim



regular

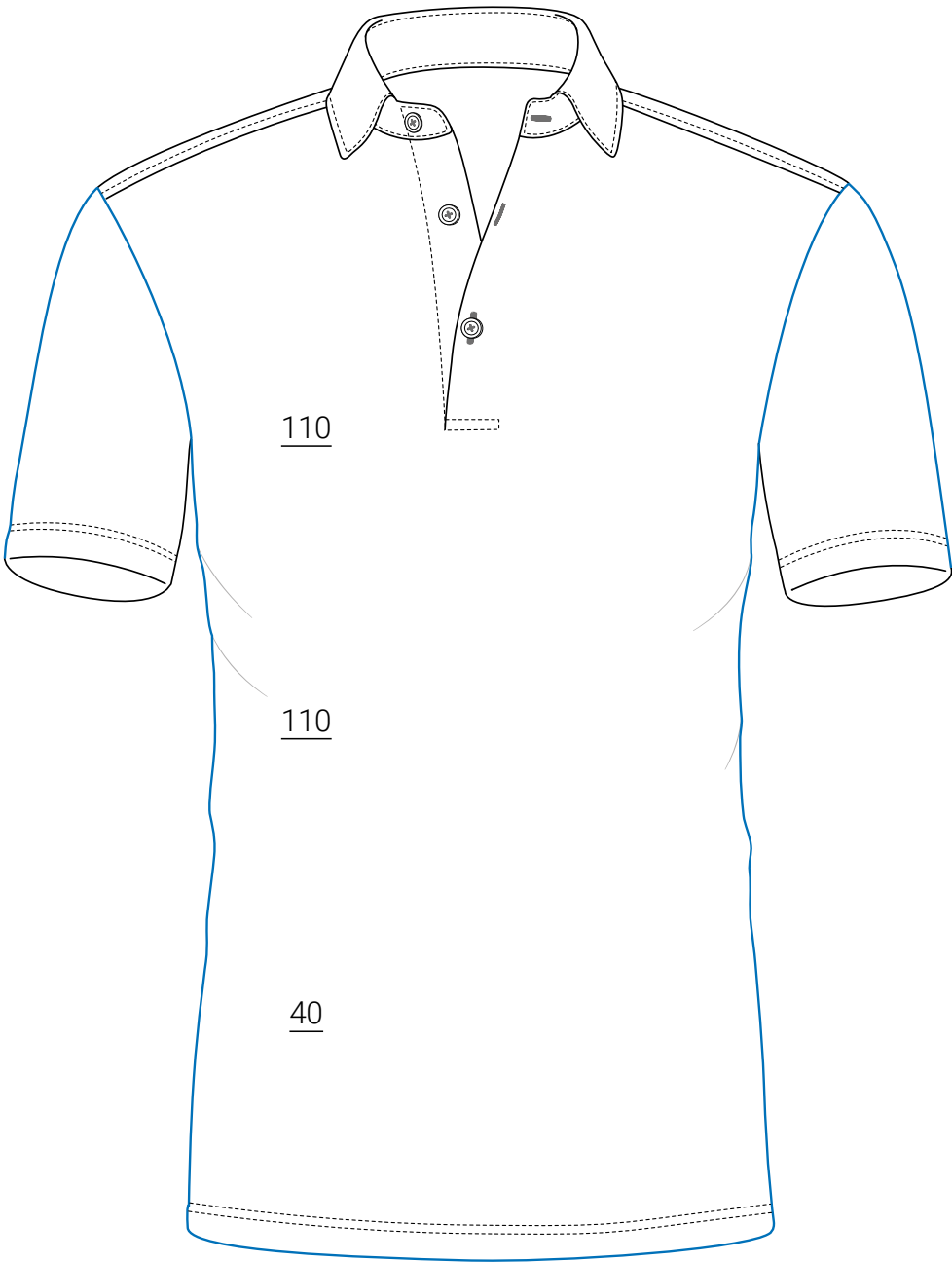
SLIM poloshirt (cm)		inches	13 ³ / ₄	14	14 ¹ / ₂	15	15 ¹ / ₂	15 ³ / ₄	16	16 ¹ / ₂	17	17 ¹ / ₂
		Size (cm)	35	36	37	38	39	40	41	42	43	44
A	Neck		35	36	37	38	39	40	41	42	43	44
B	1/2 Bustline		42,5	44,5	46,5	48,5	50,5	52,5	54,5	56,5	58,5	60,5
C	1/2 Waistline		38,5	40,5	42,5	44,5	46,5	48,5	50,5	52,5	55,5	57,5
D	1/2 Hipline		43	45	47	49	51	53	55	57	59	61
E	Shoulder width		13,5	14	14,5	15	15,5	16	16,5	17	17,5	17,8
F	Back width		37	38,3	40,1	41,5	42,9	44,3	45,7	47,1	48,5	49,7
G	Cuff width		24	24	25	25	26	26	27	27	28	28
H	Sleeve length including cuff		66,5	66,5	66,5	66,5	66,5	66,5	66,5	66,5	66,5	66,5
I	Poloshirt length		64,5	66	67,5	69	70,5	71,5	73	74	75	76
J	Short sleeve length		23	23	23	23	23	24	24	24	24	24
K	Short sleeve width		30	31	32	33	34	35	36	37	38	39

DALŠÍ VELIKOSTI		inches	17 ³ / ₄	18	18 ¹ / ₂	19	19 ¹ / ₂	19 ³ / ₄	20	20 ¹ / ₂	20 ⁷ / ₈	21 ³ / ₄
		Size (cm)	45	46	47	48	49	50	51	52	53	54
A	Neck		45	46	47	48	49	50	51	52	53	54
B	1/2 Bustline		62,5	64,5	66,5	68,5	70,5	72,5	74,5	76,5	78,5	80,5
C	1/2 Waistline		60,5	63,5	65,5	67,5	69,5	71,5	73,5	75,5	77,5	79,5
D	1/2 Hipline		63	66	68	70	72	74	76	78	80	82
E	Shoulder width		18,1	18,4	18,7	19	19,3	19,6	19,9	20,2	20,5	20,8
F	Back width		50,7	51,7	52,7	53,7	54,7	55,7	56,9	57,9	59,3	60,3
G	Cuff width		29	29	29	29	30	30	30	30	31	31
H	Sleeve length including cuff		66,5	66,5	66,5	66,5	67,5	67,5	67,5	67,5	67,5	67,5
I	Poloshirt length		76,5	77	77,5	78	78,5	79	79,5	80	80,5	81
J	Short sleeve length		25	25	25	25	25	26	26	26	26	26
K	Short sleeve width		40	41	42	43	44	45	46	46	47	47



REGULAR poloshirt (cm)		inches	13 ³ / ₄	14	14 ¹ / ₂	15	15 ¹ / ₂	15 ³ / ₄	16	16 ¹ / ₂	17	17 ¹ / ₂
		Size (cm)	35	36	37	38	39	40	41	42	43	44
A	Neck		35	36	37	38	39	40	41	42	43	44
B	1/2 Bustline		45,5	47,5	49,5	51,5	53,5	55,5	57,5	59,5	61,5	63,5
C	1/2 Waistline		41,5	43,5	45,5	47,5	49,5	51,5	53,5	55,5	58,5	60,5
D	1/2 Hipline		44	46	48	50	52	54	56	58	60	62
E	Shoulder width		13,5	14	14,5	15	15,5	16	16,5	17	17,5	17,8
F	Back width		37,4	38,7	40,5	41,9	43,3	44,7	46,1	47,5	48,9	50,1
G	Cuff width		24	24	25	25	26	26	27	27	28	28
H	Sleeve length including cuff		66,5	66,5	66,5	66,5	66,5	66,5	66,5	66,5	66,5	66,5
I	Poloshirt length		64,5	66	67,5	69	70,5	71,5	73	74	75	76
J	Short sleeve length		23	23	23	23	23	24	24	24	24	24
K	Short sleeve width		31	32	33	34	35	36	37	38	39	40

DALŠÍ VELIKOSTI		inches	17 ³ / ₄	18	18 ¹ / ₂	19	19 ¹ / ₂	19 ³ / ₄	20	20 ¹ / ₂	20 ⁷ / ₈	21 ³ / ₄
		Size (cm)	45	46	47	48	49	50	51	52	53	54
A	Neck		45	46	47	48	49	50	51	52	53	54
B	1/2 Bustline		65,5	67,5	69,5	71,5	73,5	75,5	77,5	79,5	81,5	83,5
C	1/2 Waistline		63,5	66,5	68,5	70,5	72,5	74,5	76,5	78,5	80,5	82,5
D	1/2 Hipline		64	67	69	71	73	75	77	79	81	83
E	Shoulder width		18,1	18,4	18,7	19	19,3	19,6	19,9	20,2	20,5	20,8
F	Back width		51,1	52,1	53,1	54,1	55,1	56,1	57,3	58,3	59,7	60,7
G	Cuff width		29	29	29	29	30	30	30	30	31	31
H	Sleeve length including cuff		66,5	66,5	66,5	66,5	67,5	67,5	67,5	67,5	67,5	67,5
I	Poloshirt length		76,5	77	77,5	78	78,5	79	79,5	80	80,5	81
J	Short sleeve length		25	25	25	25	25	26	26	26	26	26
K	Short sleeve width		41	42	43	44	45	46	47	47	48	48



SLIM T-shirt (cm)		inches	13 ³ / ₄	14	14 ¹ / ₂	15	15 ¹ / ₂	15 ³ / ₄	16	16 ¹ / ₂	17	17 ¹ / ₂
		Size (cm)	35	36	37	38	39	40	41	42	43	44
A	Neck		35	36	37	38	39	40	41	42	43	44
B	1/2 Bustline		42,5	44,5	46,5	48,5	50,5	52,5	54,5	56,5	58,5	60,5
C	1/2 Waistline		38,5	40,5	42,5	44,5	46,5	48,5	50,5	52,5	55,5	57,5
D	1/2 Hipline		43	45	47	49	51	53	55	57	59	61
E	Shoulder width		10,2	10,7	11,2	11,7	12,2	12,7	13,2	13,7	14,2	14,5
F	Back width		34,2	35,5	37,3	38,7	40,1	41,5	42,9	44,3	45,7	46,9
G	Cuff width		24	24	25	25	26	26	27	27	28	28
I	T-shirt length		64,5	66	67,5	69	70,5	71,5	73	74	75	76
J	Short sleeve length		21	21	21	21	21	22	22	22	22	22
K	Short sleeve width		28	29	30	31	32	33	34	35	36	37

DALŠÍ VELIKOSTI		inches	17 ³ / ₄	18	18 ¹ / ₂	19	19 ¹ / ₂	19 ³ / ₄	20	20 ¹ / ₂	20 ⁷ / ₈	21 ³ / ₄
		Size (cm)	45	46	47	48	49	50	51	52	53	54
A	Neck		45	46	47	48	49	50	51	52	53	54
B	1/2 Bustline		62,5	64,5	66,5	68,5	70,5	72,5	74,5	76,5	78,5	80,5
C	1/2 Waistline		60,5	63,5	65,5	67,5	69,5	71,5	73,5	75,5	77,5	79,5
D	1/2 Hipline		63	66	68	70	72	74	76	78	80	82
E	Shoulder width		14,8	15,1	15,4	15,7	16	16,3	16,6	16,9	17,2	17,5
F	Back width		47,9	48,9	49,9	50,9	51,9	52,9	54,1	55,1	56,5	57,5
G	Cuff width		29	29	29	29	30	30	30	30	31	31
I	T-shirt length		76,5	77	77,5	78	78,5	79	79,5	80	80,5	81
J	Short sleeve length		23	23	23	23	23	24	24	24	24	24
K	Short sleeve width		38	39	40	41	42	43	44	44	45	45