

CENTISARTORIA

Measurement Training Guide

JACKET · TROUSERS · WAISTCOAT

v1.0 · 2026-08 · For staff training

Body vs Garment

TWO WAYS TO MEASURE

BODY

Measured on the body: tape snug against the customer, with one finger of ease.

GARMENT

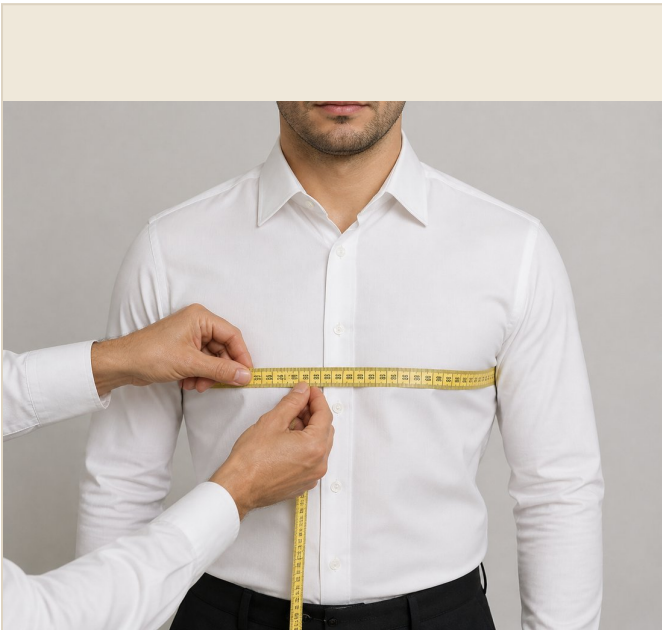
Garment lies perfectly flat; measure at the positions shown. Double flat widths for girths.

Always mark whether a number is a body or a garment measurement — the workshop calculates ease from it. Each measurement shows the body method and the garment method side by side; a single image means the measurement is used on one side only.

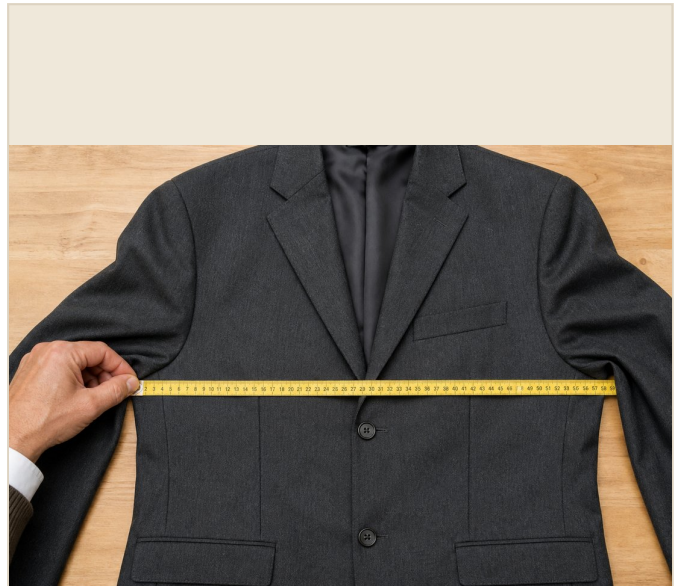
CHAPTER 1

Jacket

JACKET 01 **Chest**

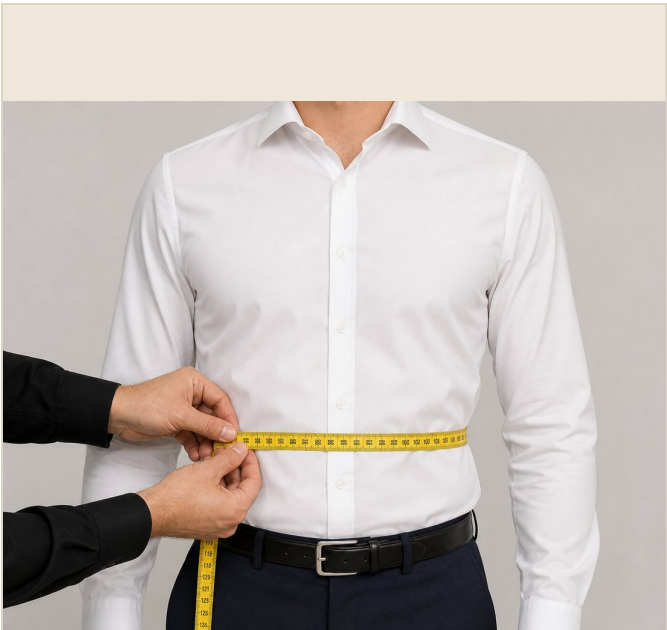


BODY

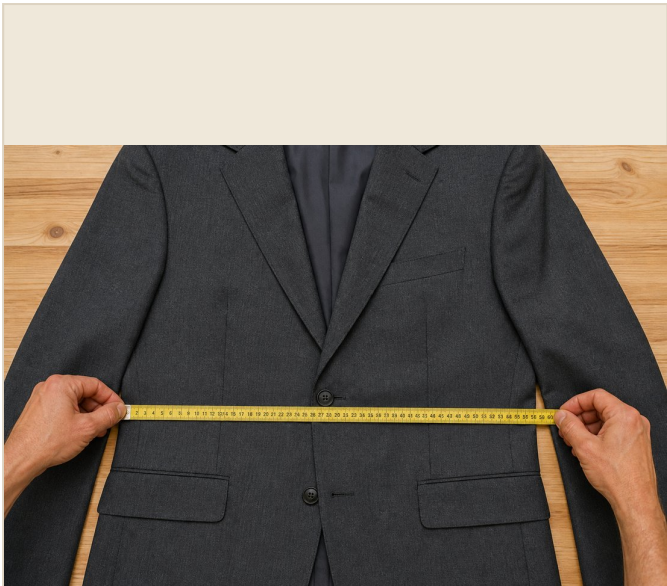


GARMENT

JACKET 02 **Waist**



BODY

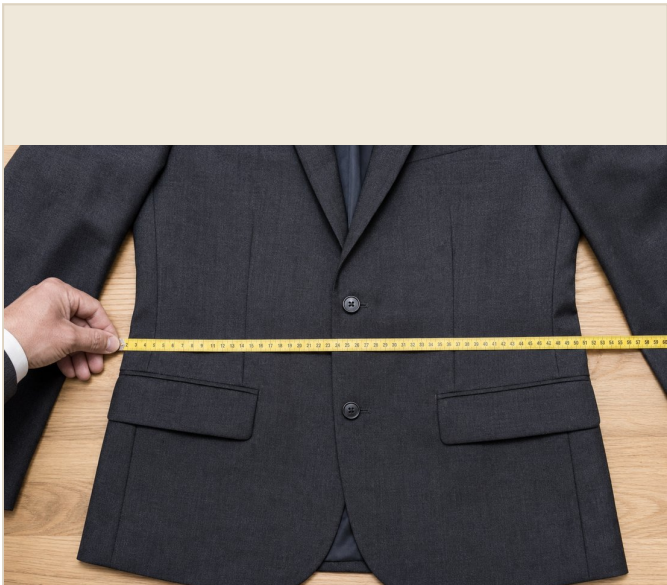


GARMENT

JACKET 03 **Stomach**

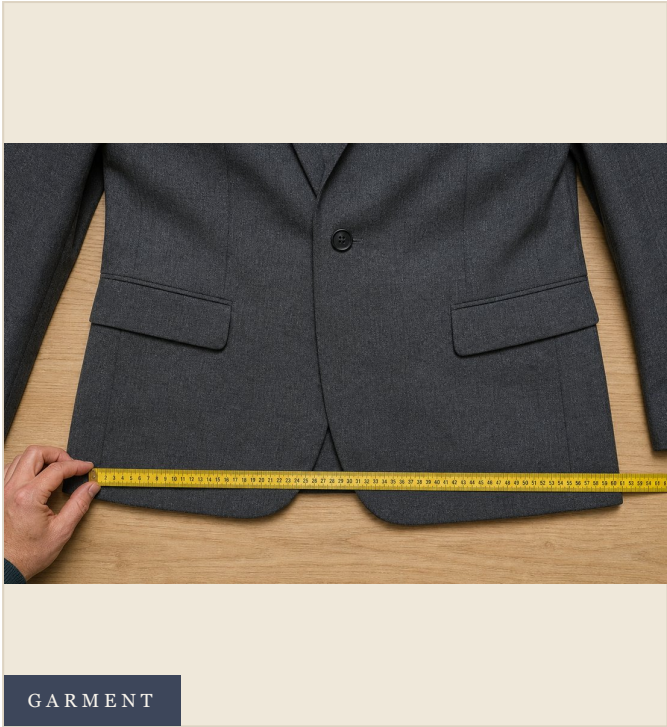
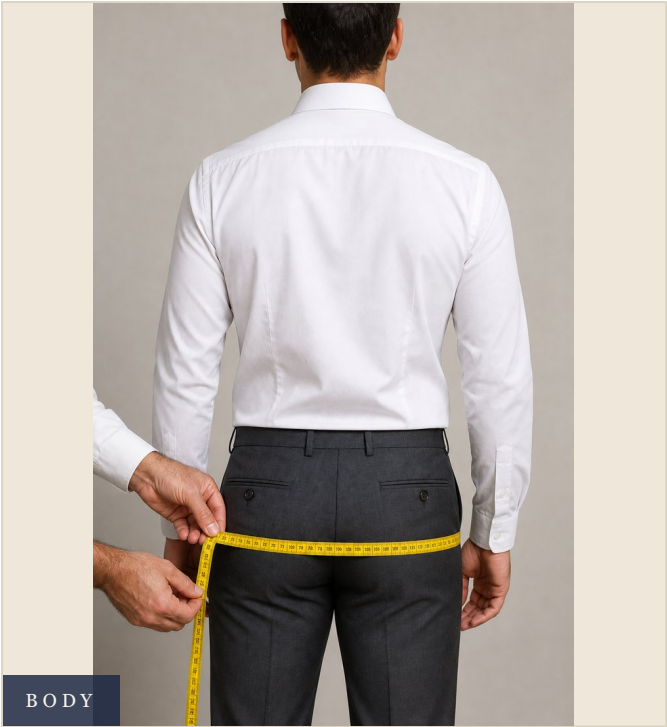


BODY

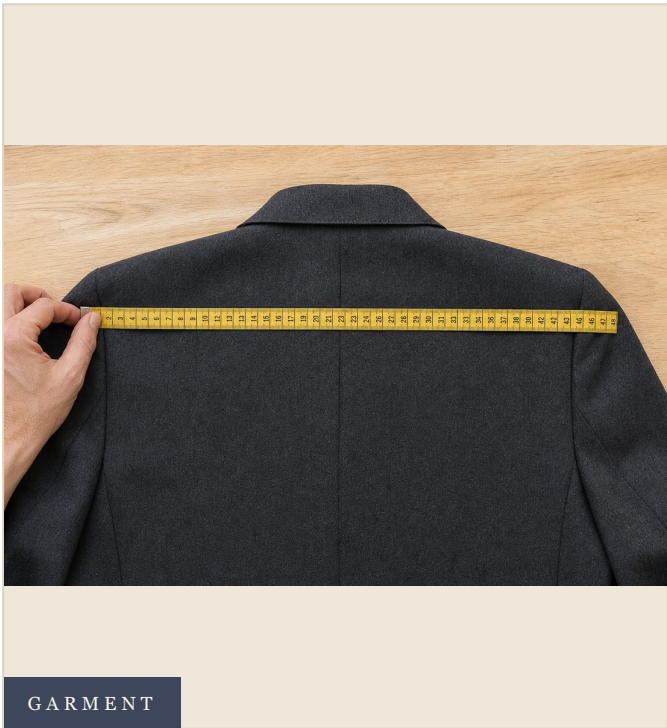
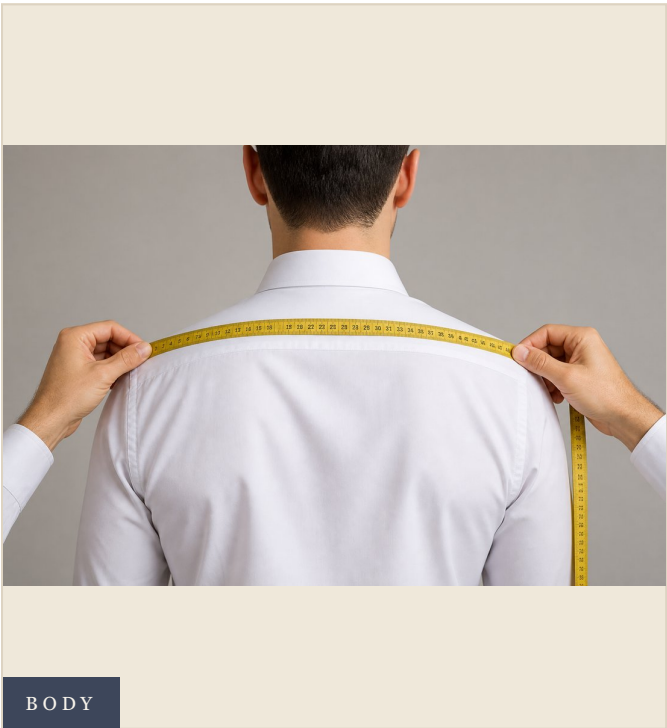


GARMENT

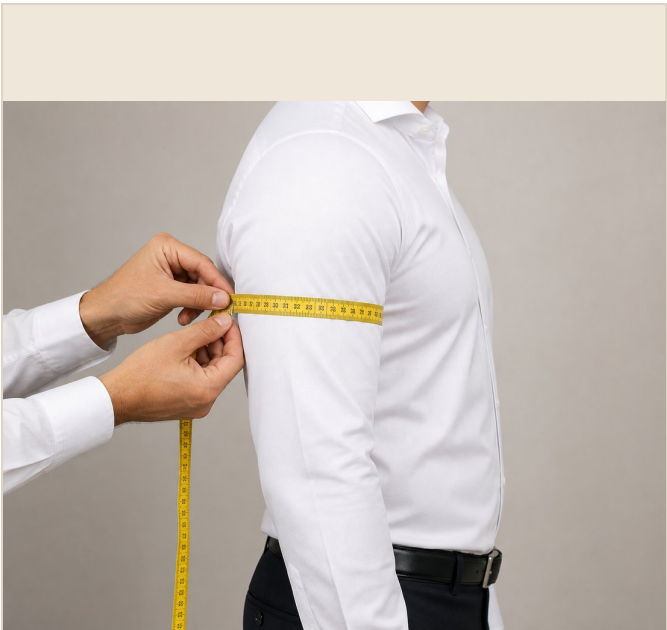
JACKET 04 **Seat & Hem**



JACKET 05 **Shoulder**



JACKET 06 **Bicep**

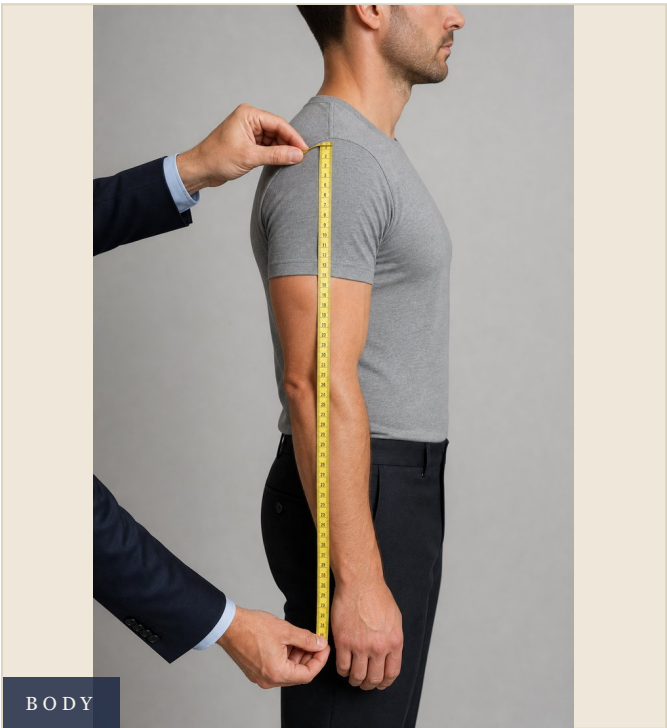


BODY



GARMENT

JACKET 07 **Sleeve Length**

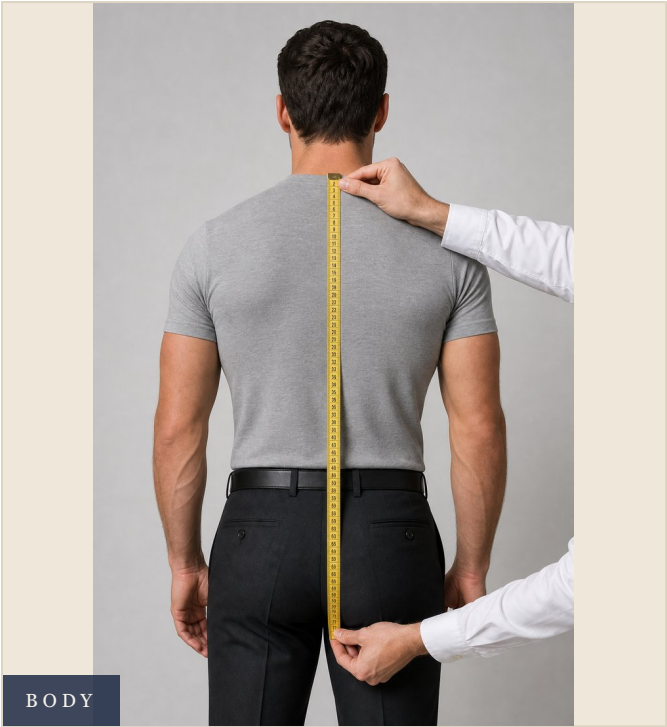


BODY

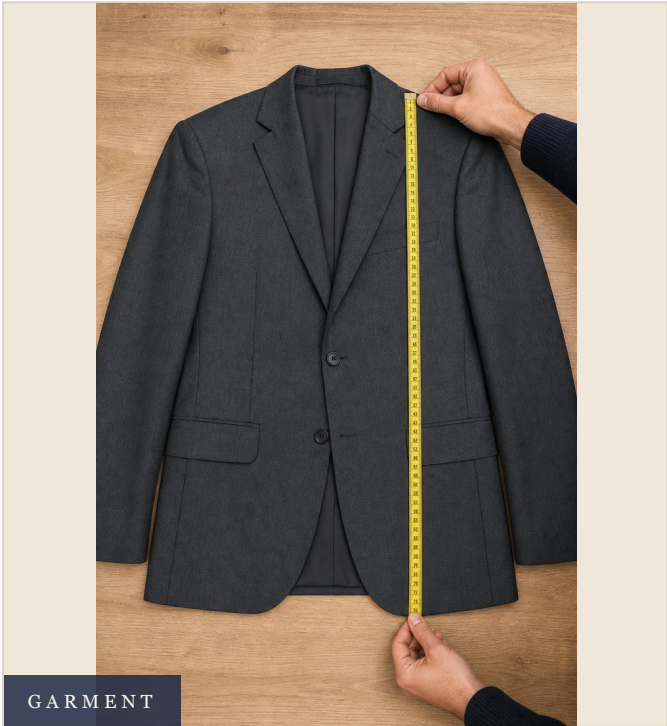


GARMENT

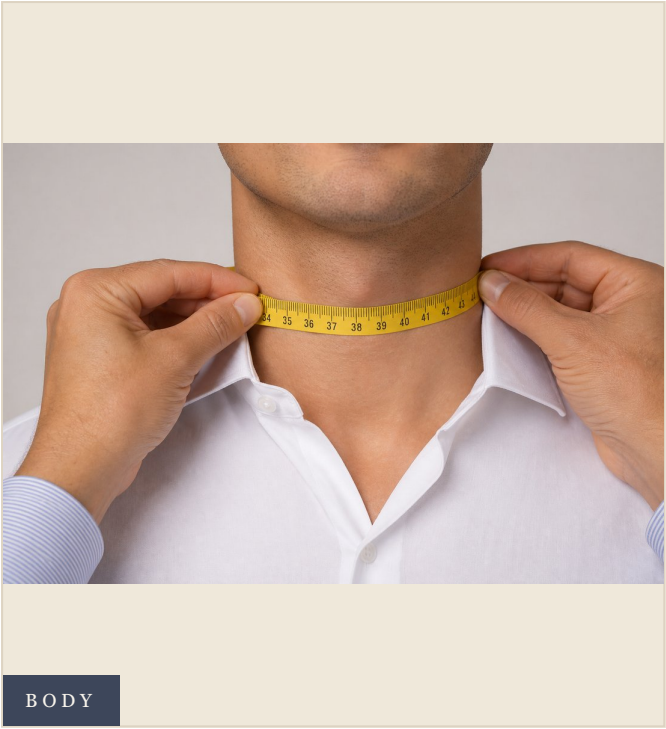
JACKET 08 **Back Length**



JACKET 09 **Front Length**

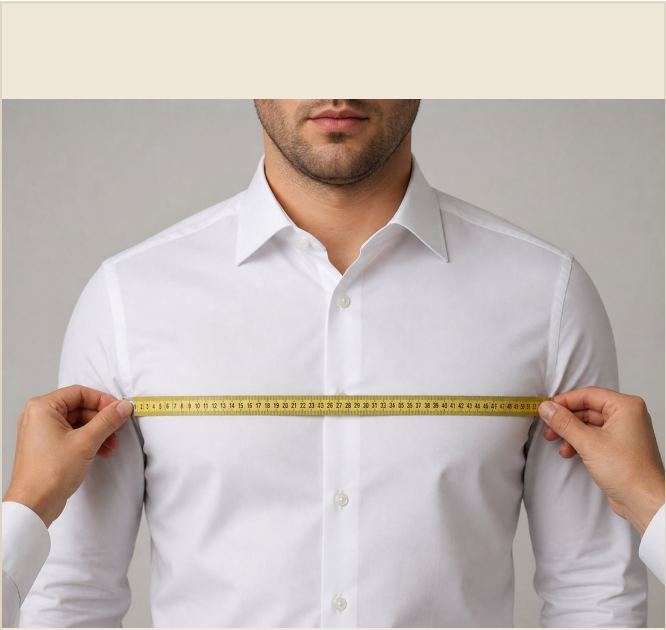


JACKET 10 **Neck**



BODY

JACKET 11 **Front Chest**



BODY



GARMENT

JACKET 12 **Back Width**



BODY



GARMENT

JACKET 13 **Sleeve Cuff**



BODY

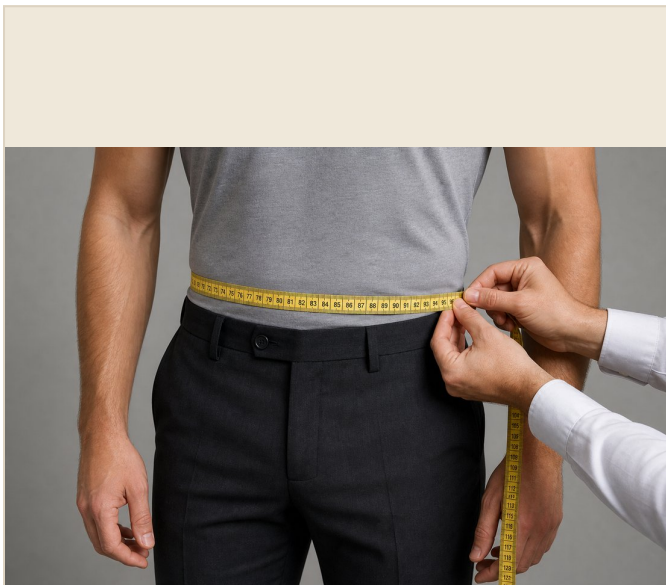


GARMENT

CHAPTER 2

Trousers

TROUSERS 01 **Waist**



BODY

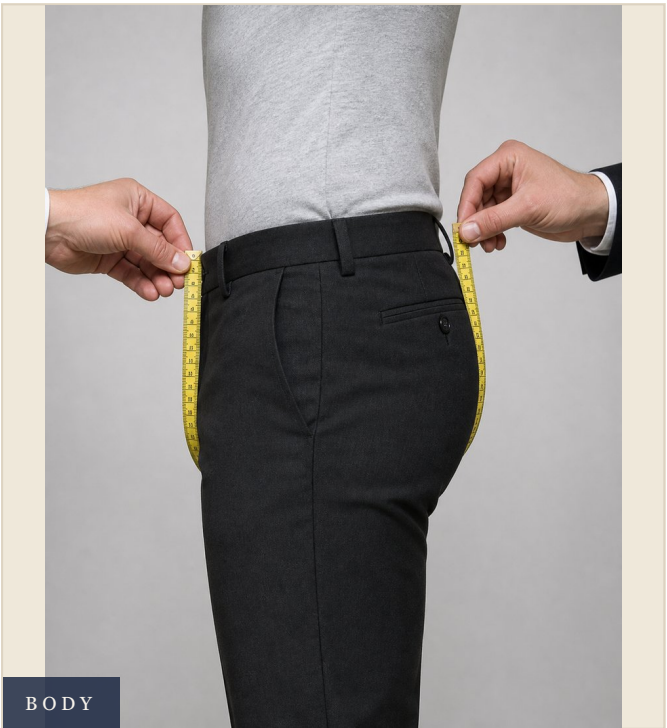


GARMENT

TROUSERS 02 **Hip**



TROUSERS 03 **Total Crotch (U-Crotch)**



TROUSERS 04 **Front Rise**



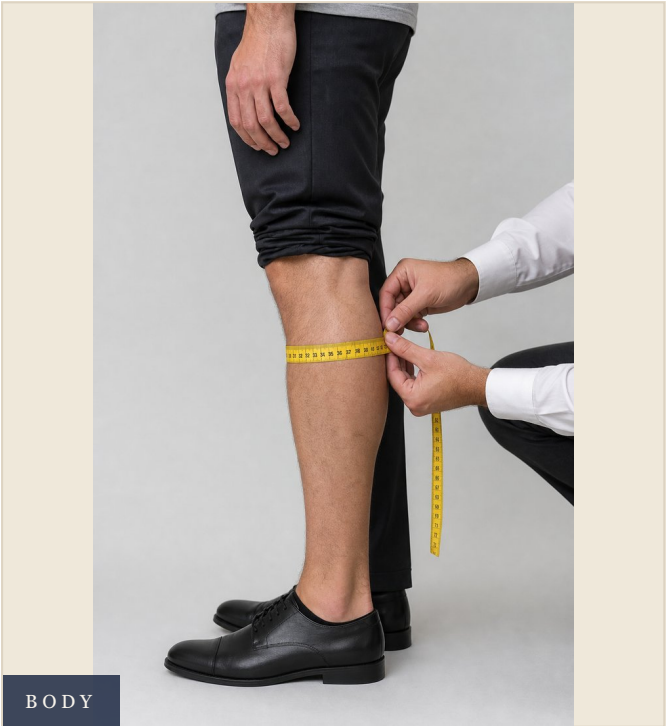
TROUSERS 05 **Thigh**



TROUSERS 06 **Knee**



TROUSERS 07 **Calf**



TROUSERS 08 **Leg Opening**



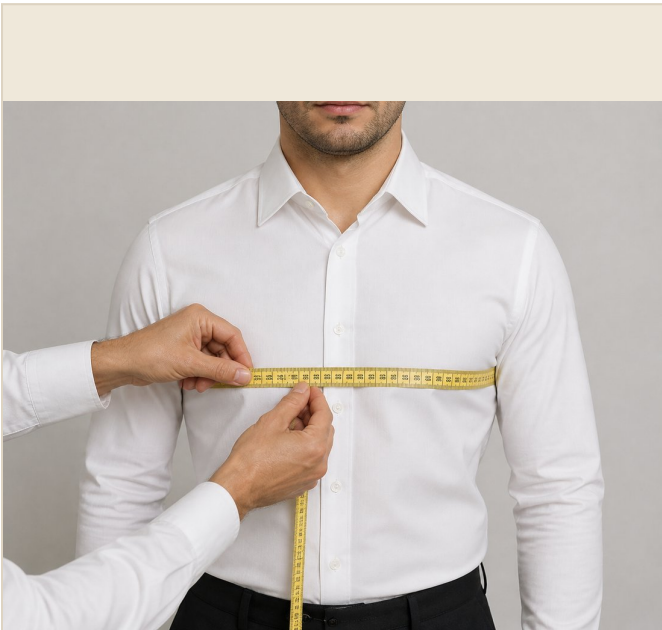
TROUSERS 09 **Trouser Length**



CHAPTER 3

Waistcoat

WAISTCOAT 01 **Chest**



BODY

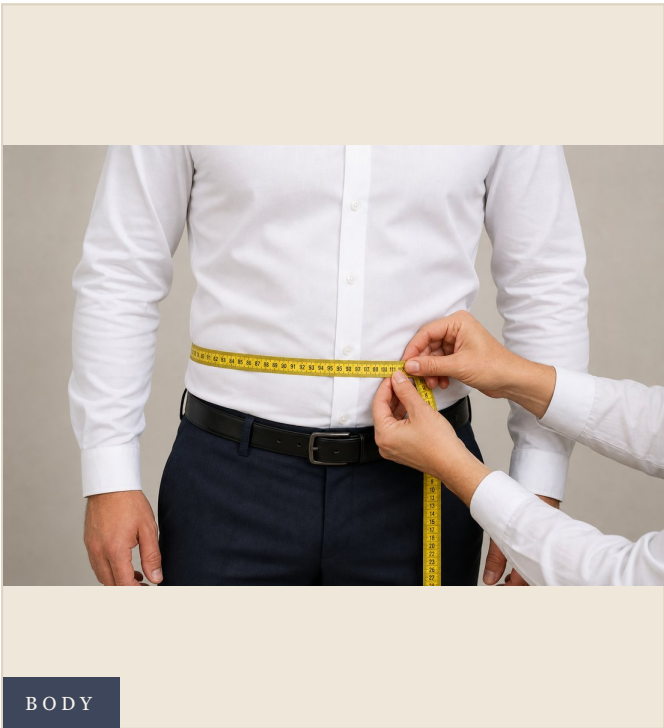


GARMENT

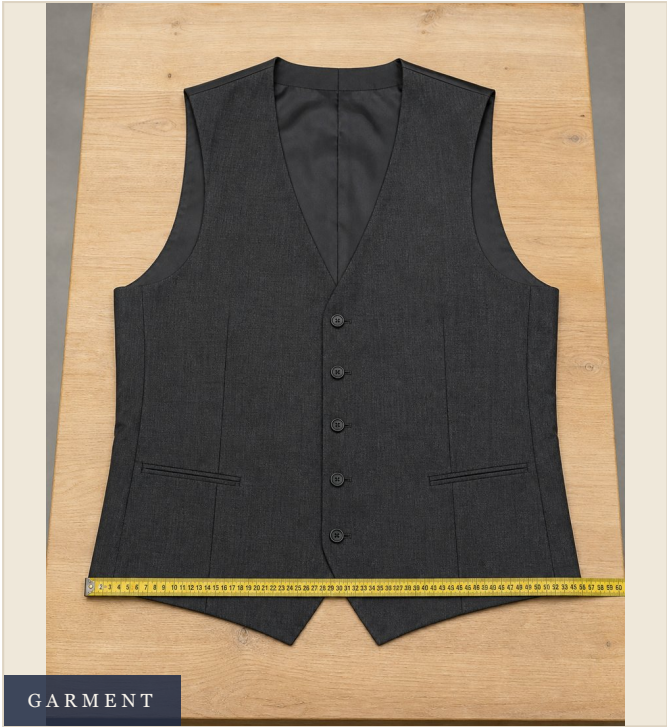
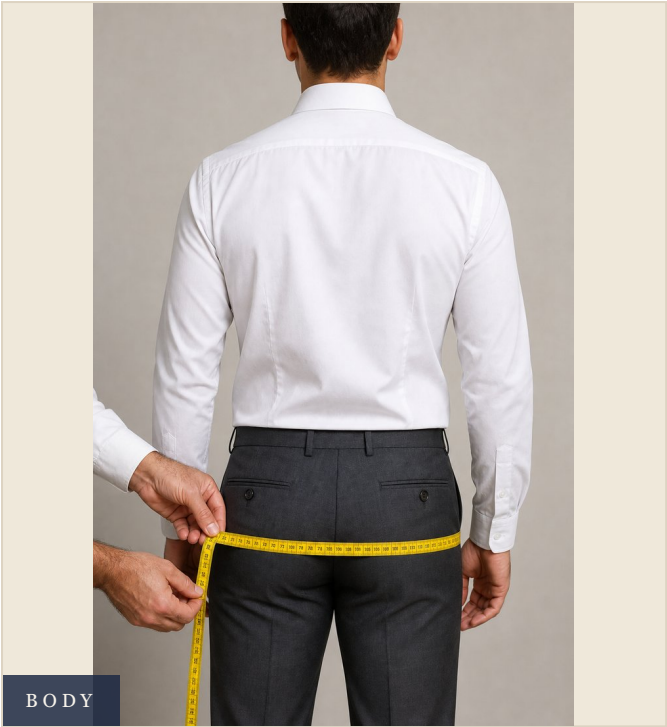
WAISTCOAT 02 **Waist**



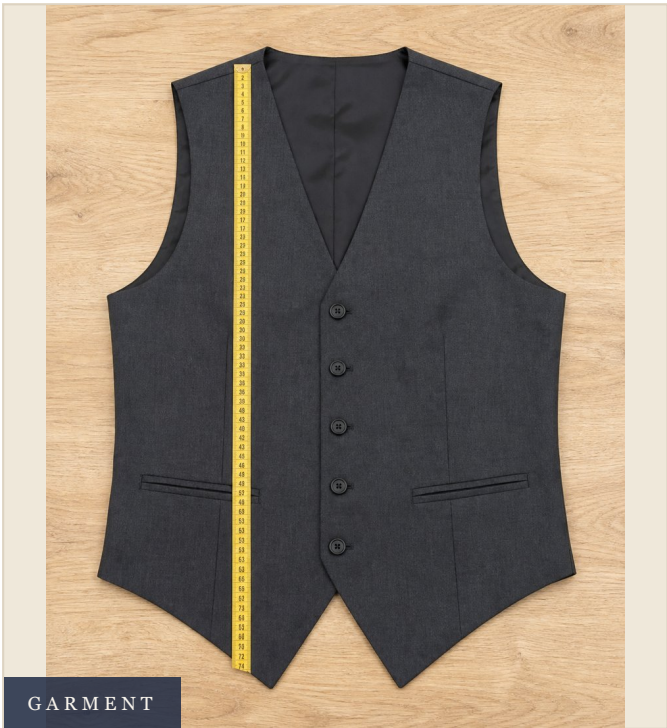
WAISTCOAT 03 **Stomach**



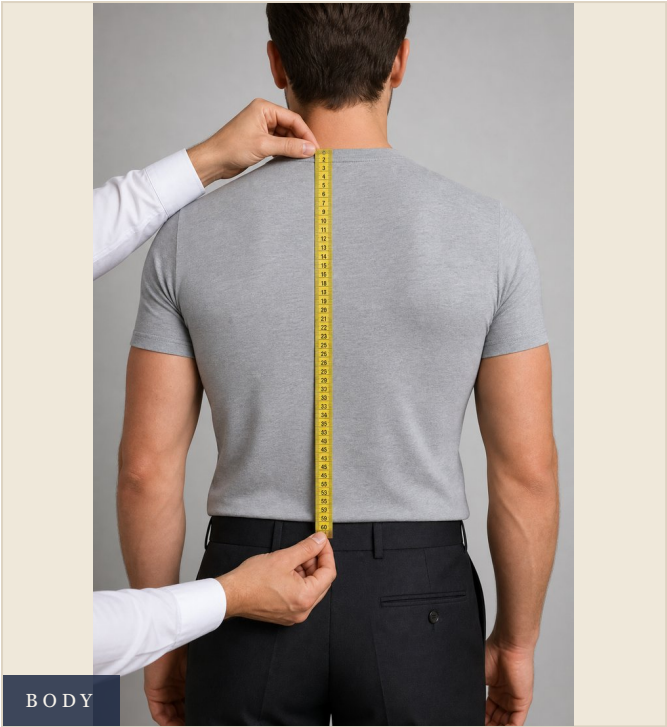
WAISTCOAT 04 **Seat & Hem**



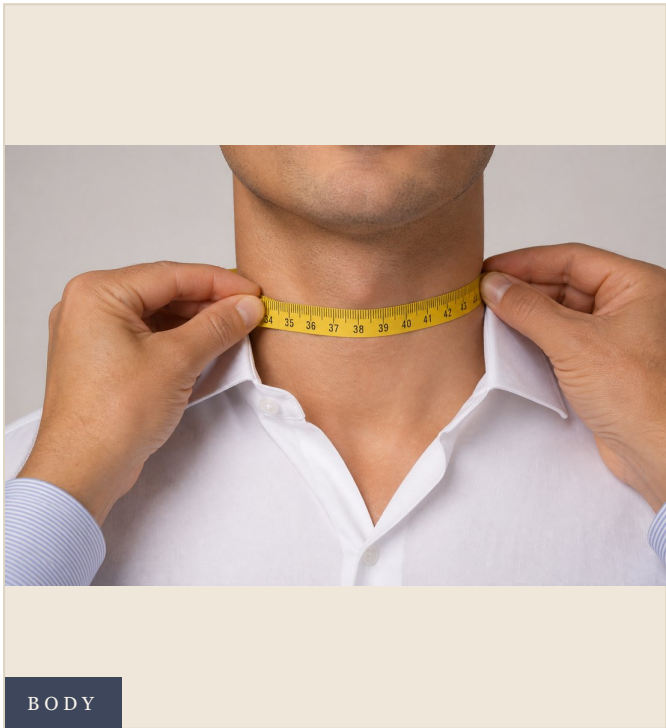
WAISTCOAT 05 **Front Length**



WAISTCOAT 06 **Back Length**



WAISTCOAT 07 **Neck**



WAISTCOAT 08 **Shoulder**



BODY



GARMENT

WAISTCOAT 09 **Front Chest**



BODY

