

# HOW TO MEASURE: MEN

Lay your favorite jeans flat and measure only the front or measure around and take half of the **centimeters** given here.



**waist**  
measure flat on front or around the top part of your jeans.

**thigh**  
measure the thigh down the crotch.

**knee**  
measure from left to right.

**inseam**  
measure the inseam from crotch to the bottom of the jeans on the inside of the leg.

waist

thigh

knee

inseam

