



Designation: D6240/D6240M – 12

Standard Tables of Body Measurements for Mature Men, ages 35 and older, Sizes Thirty-Four to Fifty-Two (34 to 52) Short, Regular, and Tall¹

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INTRODUCTION

These body measurement tables were developed from evaluation of data currently used in the apparel industry. These tables were developed from data published by the U.S. Department of Commerce,² Caesar Study,³ Size USA Study,⁴ Current USA industry and Studies, Scans and documentation from Alvanon Inc.⁵ This standard takes into consideration Mature Men at a standard height of Short 5 ft 7 in., Regular 5 ft 10 in., and Tall 6 ft 2 in. (65 % of average USA population) taking into account the decrease and increase in body weight that shift a person from one size to another, while this person does not gain in height. Major review and evaluation was done. The incremental growth at different key body points has been addressed and defined, which resulted in identifying increases and decreases at different rates in specific areas; chest, waist, high hip and hip/seat. Additionally to better serve the industry, incremental movement between sizes was reviewed ensuring smooth transition between sizes. To verify the proposed body measurements, a three-dimensional Avatar was created in the Men's Short, Regular and Tall size range 34 through 52 by Alvanon Inc. for a visual reference and is also attached in the documentation.

1. Scope

1.1 These tables list body measurements of mature male figure type, age 35 and older, sizes 34 through 52 in Short, Regular, and Tall. Although these are body measurements, they can be used as a baseline in designing apparel for Mature Men in this size range when considering such factors as fabric type, ease for body movement, styling, and fit.

1.2 The values stated in either SI units or inch-pound units are to be regarded separately as standard. The values stated in each system may not be exact equivalents; therefore, each system shall be used independently of the other. Combining values from the two systems may result in non-conformance with the standard.

¹ These tables are under the jurisdiction of ASTM Committee D13 on Textiles and is the direct responsibility of Subcommittee D13.55 on Body Measurement for Apparel Sizing.

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² U.S. Department of Commerce, *Voluntary Product Standard: Body Measurements for the Sizing of Children's Apparel*, NIST Publication No. PS 54-172, Washington, DC.

³ Caesar: Summary Statistics for the Adult population (Ages 18-65) of the United States of America, June 2002.

⁴ Available from: <http://www.tc2.com/sizeusa.html>

⁵ Alvanon, Inc., 145 W. 30th Street, Suite 1000, New York, NY 10001.

1.3 *This standard does not purport to address all of the safety concerns, if any, associated with its use. It is the responsibility of the user of this standard to establish appropriate safety and health practices and determine the applicability of regulatory limitations prior to use.*

2. Referenced Documents

2.1 *ASTM Standards:*⁶

D123 Terminology Relating to Textiles

D5219 Terminology Relating to Body Dimensions for Apparel Sizing

2.2 *ISO Standard:*⁷

ISO 3635 Size Designation of Clothes, Definitions, and Body Measurement Procedures

3. Terminology

3.1 *Definitions:*

3.1.1 For definitions relating to body dimensions, refer to Terminology D5219.

⁶ For referenced ASTM standards, visit the ASTM website, www.astm.org, or contact ASTM Customer Service at service@astm.org. For *Annual Book of ASTM Standards* volume information, refer to the standard's Document Summary page on the ASTM website.

⁷ Available from American National Standards Institute (ANSI), 25 W. 43rd St., 4th Floor, New York, NY 10036, <http://www.ansi.org>.



3.1.2 For definitions of other textile terms used in these tables, refer to Terminology **D123**.

4. Significance and Use

4.1 The use of the body measurement information in **Tables 1 and 2** will assist manufacturers in developing patterns and garments that are consistent with the current anthropometric characteristics of the population of interest. This practice should in turn reduce or minimize consumer confusion and dissatisfaction related to apparel sizing. (Also refer to **ISO 3635** Size Designation Procedures.)

4.2 Three-dimensional avatars depicting each of the mature mens sizes in short, regular and tall, were created by Alvanon, Inc. and included in this standard to assist manufacturers in visualizing the posture, shape, and proportions generated by the measurements charts in the accompanying Tables. (Avatar 1-6) See **Figs. 1-3**.

5. Apparatus

5.1 *Tape Measure*, (dimensionally stable and approximately 1.5 cm [$\frac{1}{2}$ in.] wide and graduated accurately in cm [$\frac{1}{16}$ in.]).

5.2 *Plastic Goniometer*, to measure the radian (degree) of shoulder slope.

5.3 *Scale*, standard, calibrated, body weight type.

5.4 *Metal Ruler*.

6. Procedure

6.1 General:

6.1.1 For all vertical and most horizontal measurements, subject is to be standing erect without shoes and with feet approximately 15 cm [6 in.] apart. (For Infant special cases) For all vertical and most horizontal measurements, subject is to be lying down flat with legs extended and foot positioned at 1.57 rad (90°) to the leg.

6.1.2 Take measurements over undergarments normally worn.

6.1.3 Take all measurements from the same side of the body for consistency.

6.1.4 Refer to Terminology **D5219** for the location of all points to be measured.

6.2 Body Measurements:

6.2.1 *Body Weight*—Weight as measured on a calibrated scale taken with the subject in undergarments.

6.2.2 *Head Girth*—Measure the maximum horizontal circumference of the head above the ears.

6.2.3 *Neck Base Girth*—Measure the circumference of the neck, taken over the cervicale at the back and the top of the collarbone at the front.

6.2.4 *Mid Neck Girth*—Measure the horizontal circumference of the neck, taken approximately 25 mm [1 in.] above the neck base level.

6.2.5 *Shoulder Girth*—Measure the horizontal circumference around the shoulders, taken at the front break-point level with the arms down.

6.2.6 *Chest/Bust Girth*—Measure the horizontal circumference around the body, taken under the arms and across the fullest part of the chest/bust apex including the lower portion of the shoulder blades.

6.2.7 *Under-Bust Girth*—Measure the horizontal circumference around the body under the arms and bust.

6.2.8 *Upper-Chest Girth*—Measure the horizontal circumference around the body, taken under the arms and above the fullest part of the chest/bust including the lower portion of the shoulder blades.

6.2.9 *Waist Girth*—Measure the minimum horizontal circumference around the body at waist height.

6.2.10 *High-Hip Girth*—Measure the maximum horizontal circumference around the body, taken at high hip level approximately 7.5 cm [3 in.] below the waist level including the abdominal extension.

6.2.11 *Hip/Seat Girth*—Measure the maximum horizontal circumference around the body at hip height.

6.2.12 *Thigh Girth*—Measure the maximum horizontal circumference of the upper leg, taken close to the crotch.

6.2.13 *Mid-Thigh Girth*—the maximum horizontal circumference of the upper leg, taken midway between the hip girth level and the midpoint (or crease) of the knee.

6.2.14 *Knee Girth*—Measure the maximum horizontal circumference of the knee, taken over the kneecap with the leg straight.

6.2.15 *Calf Girth*—Measure the maximum horizontal circumference of the lower leg, taken between the knee and the ankle.

6.2.16 *Ankle Girth*—Measure the maximum horizontal circumference of the ankle, taken over the greatest prominence of the anklebones.

6.2.17 *Armseye Girth*—Measure the circumference from the shoulder joint through the front break-point, the armpit, the back break-point and to the starting point, taken with the arms down.

6.2.18 *Upper-Arm Girth*—Measure the maximum circumference of the arm, taken midway between the elbow and the shoulder joints with the arm bent 1.57 rad (90°).

6.2.19 *Elbow Girth*—Measure the maximum circumference of the elbow, taken over the outer prominence of the elbow bone with the arm bent 1.57 rad (90°).

6.2.20 *Wrist Girth*—Measure the maximum circumference of the wrist, taken over the inner and outer prominence of the wrist bones.

6.2.21 *Hand Girth*—Measure the maximum circumference of the hand around the knuckles excluding the thumb, taken with the fingers together.

6.2.22 *Trunk Length (total vertical)*—Measure the circumference taken from a point on the right shoulder midway between the neck base and the shoulder joint, down the back through the crotch and up over the prominence of the right chest/bust apex to the starting point, avoiding constriction at the crotch.

6.2.23 *Height*—Measure the vertical distance from the crown of the head to the floor, taken with subject standing and without shoes.

6.2.24 *Head and Neck Length*—Measure the distance from the crown of the head to the cervicale (contour), taken with the head erect and the neck unbent.





TABLE 1 Body Measurements, Inch-Pound Units

Sizes:	34	35	36	37	38	39	40	41	42	43	44	45	46	48	50	52
Body Weight (Mean), lb	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Body Weight (Range), lb	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Girth Measurements, inches	34	35	36	37	38	39	40	41	42	43	44	45	46	48	50	52
Head Girth	21 ⁵ / ₈	21 ⁷ / ₈	22	22 ¹ / ₄	22 ³ / ₈	22 ⁵ / ₈	22 ³ / ₄	23	23 ¹ / ₈	23 ³ / ₈	23 ¹ / ₂	23 ³ / ₄	23 ⁵ / ₈	24 ¹ / ₄	24 ³ / ₈	25
Neck Base Girth	15 ¹ / ₈	15 ³ / ₈	15 ⁵ / ₈	15 ⁷ / ₈	16 ¹ / ₈	16 ³ / ₈	16 ⁵ / ₈	16 ⁷ / ₈	17 ¹ / ₈	17 ³ / ₈	17 ⁵ / ₈	17 ⁷ / ₈	18 ¹ / ₈	18 ³ / ₈	19 ¹ / ₈	19 ⁵ / ₈
Mid-Neck Girth	14 ¹ / ₄	14 ¹ / ₂	14 ³ / ₄	15	15 ¹ / ₄	15 ¹ / ₂	15 ³ / ₄	16	16 ¹ / ₄	16 ¹ / ₂	16 ³ / ₄	17	17 ¹ / ₄	17 ³ / ₄	18 ¹ / ₄	18 ³ / ₄
Shoulder Girth	42 ³ / ₈	43	43 ⁵ / ₈	44 ¹ / ₄	44 ³ / ₈	45 ¹ / ₂	46 ¹ / ₈	47	47 ³ / ₈	48 ³ / ₈	49 ⁵ / ₈	50 ¹ / ₂	51 ³ / ₈	53 ¹ / ₈	54 ⁷ / ₈	56 ⁵ / ₈
Chest/Bust Girth	34	35	36	37	38	39	40	41	42	43	44	45	46	48	50	52
Under-Bust Girth	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Upper-Chest Girth	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Waist Girth	28 ¹ / ₂	29 ¹ / ₂	30 ¹ / ₂	31 ¹ / ₂	32 ¹ / ₂	33 ¹ / ₂	34 ¹ / ₂	35 ¹ / ₂	36 ¹ / ₂	37 ¹ / ₂	38 ¹ / ₂	39 ¹ / ₂	41	43 ¹ / ₂	46	48 ¹ / ₂
High-Hip Girth	30 ³ / ₄	31 ³ / ₄	32 ³ / ₄	33 ³ / ₄	34 ³ / ₄	35 ³ / ₄	36 ³ / ₄	37 ³ / ₄	38 ³ / ₄	39 ⁵ / ₈	40 ¹ / ₂	41 ¹ / ₂	42 ¹ / ₂	44 ¹ / ₂	46 ¹ / ₂	48 ¹ / ₂
Hip/Seat Girth	33 ¹ / ₂	34 ¹ / ₂	35 ¹ / ₂	36 ¹ / ₂	37 ¹ / ₂	38 ¹ / ₂	39 ¹ / ₂	40 ¹ / ₂	41 ¹ / ₂	42 ¹ / ₄	43	43 ³ / ₄	44 ¹ / ₂	46	47 ¹ / ₂	49
Thigh Girth	20	20 ¹ / ₂	21	21 ¹ / ₂	22	22 ¹ / ₂	23	23 ¹ / ₂	24	24 ³ / ₈	24 ³ / ₄	25 ¹ / ₈	25 ¹ / ₂	26 ¹ / ₄	27	27 ³ / ₄
Mid-Thigh Girth	18 ⁵ / ₈	19 ¹ / ₈	19 ⁵ / ₈	20	20 ⁵ / ₈	20 ³ / ₄	21 ¹ / ₈	21 ¹ / ₂	21 ⁵ / ₈	22 ¹ / ₄	22 ⁵ / ₈	23	23 ³ / ₈	24 ¹ / ₈	24 ³ / ₈	25 ³ / ₈
Knee Girth	14	14 ¹ / ₄	14 ¹ / ₂	14 ³ / ₄	15	15 ¹ / ₄	15 ¹ / ₂	15 ³ / ₄	16	16 ¹ / ₄	16 ¹ / ₂	16 ³ / ₄	17	17 ¹ / ₂	18	18 ¹ / ₂
Calf Girth	13 ¹ / ₂	13 ³ / ₄	14	14 ¹ / ₄	14 ¹ / ₂	14 ³ / ₄	15	15 ¹ / ₄	15 ¹ / ₂	15 ³ / ₄	16	16 ¹ / ₄	16 ¹ / ₂	17	17 ¹ / ₂	18
Ankle Girth	9 ³ / ₄	9 ⁷ / ₈	10	10 ¹ / ₈	10 ¹ / ₄	10 ⁵ / ₈	10 ³ / ₄	10 ⁷ / ₈	10 ¹ / ₂	10 ⁵ / ₄	10 ⁷ / ₈	11	11 ¹ / ₈	11 ¹ / ₄	11 ¹ / ₂	12
Armscye Girth - Short	15 ¹ / ₄	15 ¹ / ₂	15 ³ / ₄	16 ¹ / ₈	16 ¹ / ₂	16 ³ / ₈	17 ¹ / ₄	17 ¹ / ₂	17 ³ / ₄	18	18 ³ / ₈	18 ⁵ / ₈	18 ⁷ / ₈	19 ³ / ₈	20	20 ⁵ / ₈
Armscye Girth - Regular	15 ⁵ / ₈	15 ⁷ / ₈	16 ¹ / ₈	16 ¹ / ₂	16 ³ / ₈	17 ¹ / ₄	17 ⁵ / ₈	17 ⁷ / ₈	18 ¹ / ₈	18 ³ / ₈	18 ⁵ / ₈	19	19 ¹ / ₄	19 ³ / ₄	20 ³ / ₈	21
Armscye Girth - Tall	16	16 ¹ / ₄	16 ¹ / ₂	16 ³ / ₄	17 ¹ / ₄	17 ⁵ / ₈	18	18 ¹ / ₄	18 ¹ / ₂	18 ³ / ₄	19 ¹ / ₈	19 ³ / ₈	19 ⁵ / ₈	20 ¹ / ₈	20 ³ / ₄	21 ³ / ₈
Upper-Arm Girth	11 ³ / ₄	12	12 ¹ / ₄	12 ¹ / ₂	12 ³ / ₄	13	13 ¹ / ₄	13 ¹ / ₂	13 ³ / ₄	14	14 ¹ / ₄	14 ¹ / ₂	14 ³ / ₄	15 ¹ / ₄	15 ³ / ₄	16 ¹ / ₄
Elbow Girth	10 ⁷ / ₈	11 ¹ / ₈	11 ¹ / ₄	11 ¹ / ₂	11 ⁵ / ₈	11 ⁷ / ₈	12	12 ¹ / ₄	12 ³ / ₈	12 ⁵ / ₈	12 ³ / ₄	13	13 ¹ / ₈	13 ¹ / ₂	13 ³ / ₈	14 ¹ / ₄
Wrist Girth	7 ¹ / ₈	7 ¹ / ₄	7 ¹ / ₂	7 ³ / ₄	7 ⁵ / ₈	7 ⁷ / ₈	7 ¹ / ₂	7 ¹ / ₂	7 ⁵ / ₈	7 ⁷ / ₈	7 ³ / ₄	7 ⁷ / ₈	8	8 ¹ / ₈	8 ¹ / ₄	8 ³ / ₈
Hand Girth	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Trunk Length (total vertical girth) - Short	61 ¹ / ₂	61 ³ / ₄	62 ¹ / ₈	62 ¹ / ₂	62 ³ / ₈	63 ¹ / ₈	63 ¹ / ₂	64 ¹ / ₈	64 ³ / ₈	65 ³ / ₈	65 ⁵ / ₈	66 ¹ / ₂	67	68 ¹ / ₈	69 ¹ / ₄	70 ¹ / ₂
Trunk Length (total vertical girth) - Regular	63 ¹ / ₂	63 ³ / ₄	64 ¹ / ₈	64 ¹ / ₂	64 ³ / ₈	65 ¹ / ₈	65 ¹ / ₂	66 ¹ / ₈	66 ³ / ₈	67 ³ / ₈	67 ⁵ / ₈	68 ¹ / ₂	69	70 ¹ / ₈	71 ¹ / ₄	72 ¹ / ₂
Trunk Length (total vertical girth) - Tall	67 ¹ / ₈	67 ³ / ₈	67 ³ / ₄	68 ¹ / ₈	68 ¹ / ₂	68 ³ / ₄	69 ¹ / ₈	69 ³ / ₄	70 ³ / ₈	71	71 ¹ / ₂	72 ¹ / ₈	72 ⁵ / ₈	73 ³ / ₄	74 ⁷ / ₈	76 ¹ / ₈
Vertical Measurements, inches	34	35	36	37	38	39	40	41	42	43	44	45	46	48	50	52
Height - Short	67	67	67	67	67	67	67	67	67	67	67	67	67	67	67	67
Height - Regular	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70
Height - Tall	74	74	74	74	74	74	74	74	74	74	74	74	74	74	74	74
Head and Neck Length - Short	9 ⁷ / ₈	9 ⁷ / ₈	9 ⁷ / ₈	9 ⁷ / ₈	9 ⁷ / ₈	9 ⁷ / ₈	9 ⁷ / ₈	9 ⁷ / ₈	9 ⁷ / ₈	9 ⁷ / ₈	9 ⁷ / ₈	9 ⁷ / ₈	9 ⁷ / ₈	9 ⁷ / ₈	9 ⁷ / ₈	9 ⁷ / ₈
Head and Neck Length - Regular	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
Head and Neck Length - Tall	10 ¹ / ₈	10 ¹ / ₈	10 ¹ / ₈	10 ¹ / ₈	10 ¹ / ₈	10 ¹ / ₈	10 ¹ / ₈	10 ¹ / ₈	10 ¹ / ₈	10 ¹ / ₈	10 ¹ / ₈	10 ¹ / ₈	10 ¹ / ₈	10 ¹ / ₈	10 ¹ / ₈	10 ¹ / ₈
Cervical Height - Short	57 ¹ / ₈	57 ¹ / ₈	57 ¹ / ₈	57 ¹ / ₈	57 ¹ / ₈	57 ¹ / ₈	57 ¹ / ₈	57 ¹ / ₈	57 ¹ / ₈	57 ¹ / ₈	57 ¹ / ₈	57 ¹ / ₈	57 ¹ / ₈	57 ¹ / ₈	57 ¹ / ₈	57 ¹ / ₈
Cervical Height - Regular	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
Cervical Height - Tall	63 ⁷ / ₈	63 ⁷ / ₈	63 ⁷ / ₈	63 ⁷ / ₈	63 ⁷ / ₈	63 ⁷ / ₈	63 ⁷ / ₈	63 ⁷ / ₈	63 ⁷ / ₈	63 ⁷ / ₈	63 ⁷ / ₈	63 ⁷ / ₈	63 ⁷ / ₈	63 ⁷ / ₈	63 ⁷ / ₈	63 ⁷ / ₈
Cervicale to Crotch - Short	26 ⁷ / ₈	26 ⁷ / ₈	26 ⁷ / ₈	26 ⁷ / ₈	26 ⁷ / ₈	26 ⁷ / ₈	26 ⁷ / ₈	26 ⁷ / ₈	27	27	27 ¹ / ₈	27 ¹ / ₈	27 ¹ / ₄	27 ³ / ₈	27 ¹ / ₂	27 ⁵ / ₈
Cervicale to Crotch - Regular	28	28	28	28	28	28	28	28	28 ¹ / ₈	28 ¹ / ₈	28 ¹ / ₄	28 ¹ / ₄	28 ³ / ₈	28 ¹ / ₂	28 ⁵ / ₈	28 ³ / ₄
Cervicale to Crotch - Tall	29 ⁷ / ₈	29 ⁷ / ₈	29 ⁷ / ₈	29 ⁷ / ₈	29 ⁷ / ₈	29 ⁷ / ₈	29 ⁷ / ₈	29 ⁷ / ₈	30	30	30 ³ / ₈	30 ³ / ₈	30 ³ / ₄	30 ³ / ₈	30 ¹ / ₂	30 ⁵ / ₈
Cervicale to Knee - Short	39 ³ / ₈	39 ³ / ₈	39 ³ / ₈	39 ³ / ₈	39 ³ / ₈	39 ³ / ₈	39 ³ / ₈	39 ³ / ₈	39 ³ / ₈	39 ³ / ₈	39 ³ / ₈	39 ³ / ₈	39 ³ / ₈	39 ³ / ₈	39 ³ / ₈	39 ³ / ₈
Cervicale to Knee - Regular	41 ³ / ₈	41 ³ / ₈	41 ³ / ₈	41 ³ / ₈	41 ³ / ₈	41 ³ / ₈	41 ³ / ₈	41 ³ / ₈	41 ³ / ₈	41 ³ / ₈	41 ³ / ₈	41 ³ / ₈	41 ³ / ₈	41 ³ / ₈	41 ³ / ₈	41 ³ / ₈
Cervicale to Knee - Tall	44	44	44	44	44	44	44	44	44	44	44	44	44	44	44	44
Center Back Waist Length - Short	17 ³ / ₈	17 ³ / ₈	17 ³ / ₈	17 ³ / ₈	17 ³ / ₈	17 ³ / ₈	17 ¹ / ₂	17 ¹ / ₂	17 ³ / ₈	17 ³ / ₈	17 ³ / ₈	17 ³ / ₈	17 ³ / ₈	17 ³ / ₈	17 ³ / ₈	18
Center Back Waist Length - Regular	17 ⁷ / ₈	17 ⁷ / ₈	17 ⁷ / ₈	17 ⁷ / ₈	17 ⁷ / ₈	18	18	18	18	18 ¹ / ₈	18 ¹ / ₈	18 ¹ / ₈	18 ¹ / ₄	18 ¹ / ₄	18 ³ / ₈	18 ¹ / ₂
Center Back Waist Length - Tall	19 ¹ / ₈	19 ¹ / ₈	19 ¹ / ₈	19 ¹ / ₈	19 ¹ / ₈	19 ¹ / ₄	19 ¹ / ₄	19 ¹ / ₄	19 ¹ / ₄	19 ¹ / ₈	19 ¹ / ₈	19 ¹ / ₈	19 ¹ / ₂	19 ¹ / ₂	19 ⁵ / ₈	19 ³ / ₄
Center Front Waist Length - Short	15	15	15	15	15	15	15	15	15 ¹ / ₈	15 ¹ / ₈	15 ¹ / ₈	15 ¹ / ₄	15 ¹ / ₄	15 ¹ / ₄	15 ³ / ₈	15 ⁵ / ₈
Center Front Waist Length - Regular	15 ¹ / ₂	15 ¹ / ₂	15 ¹ / ₂	15 ¹ / ₂	15 ¹ / ₂	15 ¹ / ₂	15 ⁵ / ₈	15 ⁵ / ₈	15 ⁵ / ₈	15 ⁵ / ₈	15 ³ / ₄	15 ³ / ₄	15 ³ / ₄	15 ⁷ / ₈	16	16 ¹ / ₈
Center Front Waist Length - Tall	16 ³ / ₄	16 ³ / ₄	16 ³ / ₄	16 ³ / ₄	16 ³ / ₄	16 ³ / ₄	16 ⁷ / ₈	16 ⁷ / ₈	16 ⁷ / ₈	16 ⁷ / ₈	17	17	17			