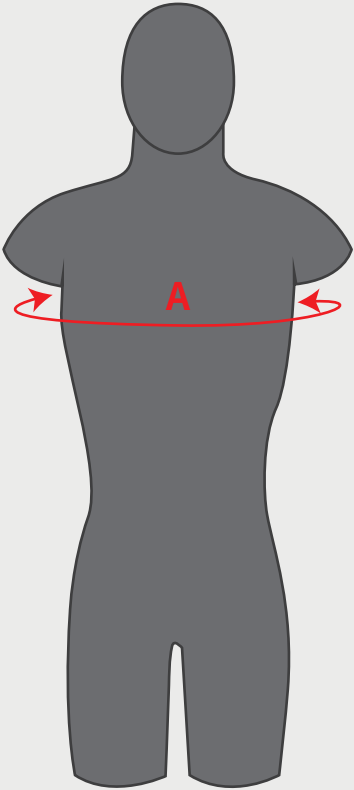
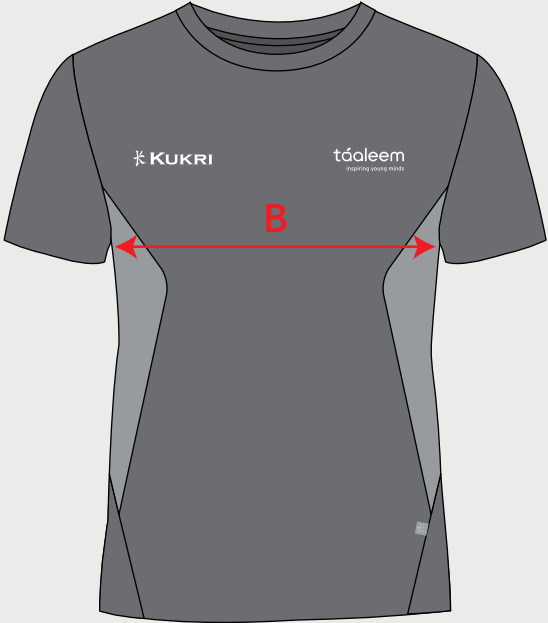


TAALEEM SIZE GUIDE - POLO'S & T-SHRTS



To be the full chest circumference back and front

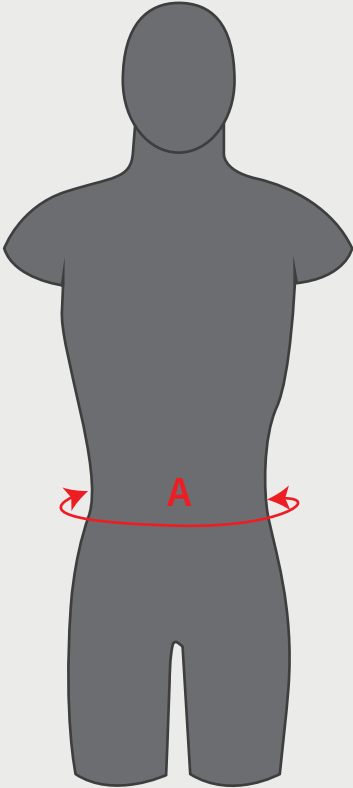


To be the chest width of the flat garment, front only

Chest measurement	3/4	5/6	7/8	9/10	11/12	13/14	2XS	XS	S	M	L	XL	2XL	3XL
A - To Fit (body measurement) Measure your full chest and find the closest size	22in	24in	25in	27in	29in	31in	34in	36in	38in	40in	42in	44in	46in	48in
B - Actual top measurement measure a similar item of clothing * from your wardrobe and find the closest size	34cm	36cm	39cm	41cm	44cm	46cm	45cm	48cm	50cm	53cm	55cm	58cm	60cm	63cm

* A similar item of clothing would be a t-shirt worn as a first layer, not a jumber or jacket.

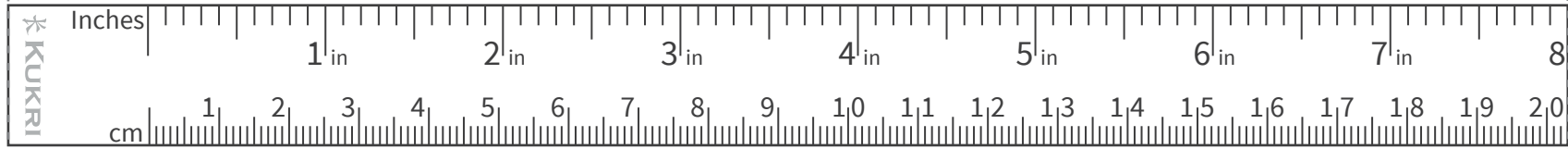
TAALEEM SIZE GUIDE - SHORTS & PANTS



To be the full waist circumference back and front

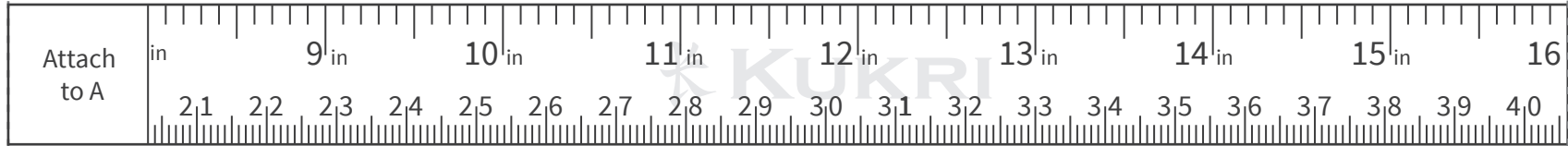
Waist measurement	3/4	5/6	7/8	9/10	11/12	13/14	2XS	XS	S	M	L	XL	2XL	3XL
A - To Fit (body measurement) Measure your full waist and find the closest size	20in	22in	23in	24in	25in	26in	28in	30in	32in	34in	36in	38in	40in	42in

PRINTABLE MEASURING TAPE



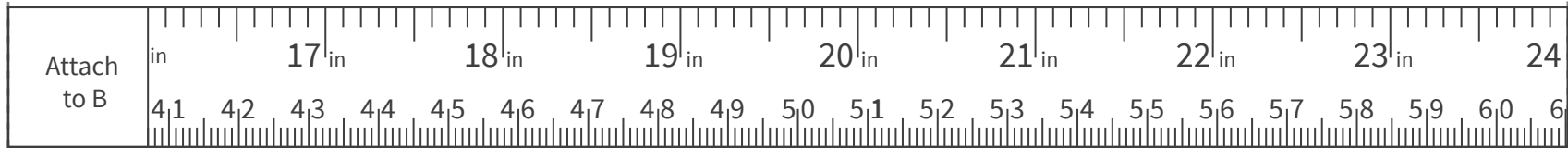
A

A



B

B



C

C

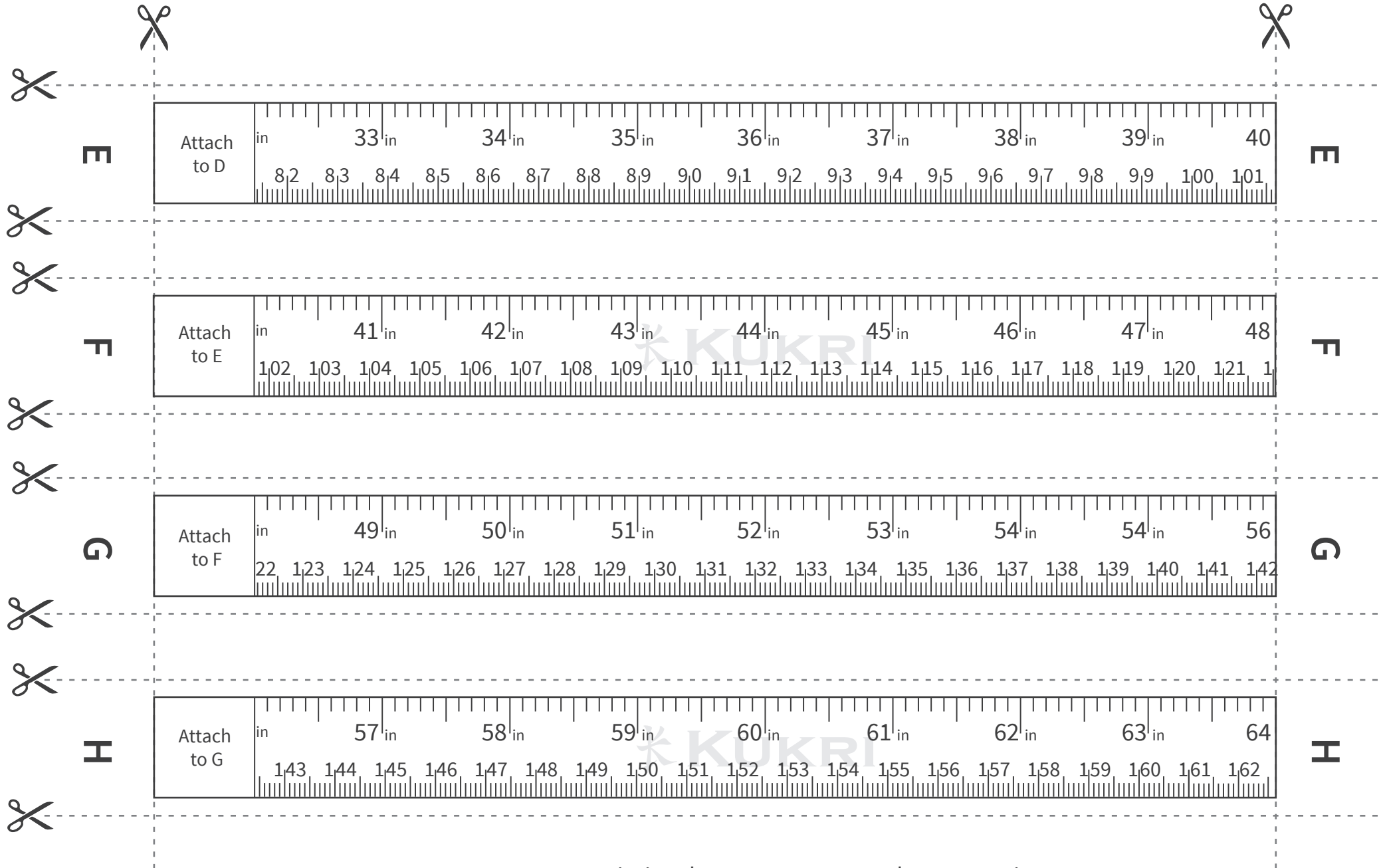


D

D

To ensure you are printing the tape measure to the correct size
please follow print instructions on the final page

PRINTABLE MEASURING TAPE



To ensure you are printing the tape measure to the correct size
please follow print instructions on the final page

PRINTABLE MEASURING TAPE - INSTRUCTIONS

It is important to us that you measure correctly and order the right size product, it's vital that you follow the the following instructions when printing your tape measure:

Depending on the version of Adobe Reader you are using, make sure 'Fit to page' or 'Shrink oversized pages to paper size' is NOT checked in the print settings.

Use the option 'Actual Size'.

If you have:

- Acrobat Reader 6 or 7: select 'None' in the drop down list next to 'Page Scaling'.
- Acrobat Reader 5: ensure that the 'Fit To Page' option is NOT checked.
- Acrobat Reader 4, ensure that the following boxes are UNCHECKED in the print dialogue box:
 - Shrink oversized pages to paper size
 - Expand small pages to paper size
 - Auto-rotate and centre