

THANK YOU FOR CHOOSING ARMOR EXPRESS



ARMOR EXPRESS

These instructions are intended to aid an agency during the measurement process for their Armor Express concealable body armor. These guidelines will help ensure proper armor fit and coverage. We are proud to serve those who protect us.

All of our sizing resources can be found on our website:

WWW.ARMOREXPRESS.COM

Our sizing videos can be found in our video section of our website under MEDIA

< < IMPORTANT INSTRUCTIONS > >

Sizing with SIZING VESTS:

Use the [Male/Gender Neutral \(or Female\) Sizing Instructions - With Sizing Vests](#) video
Fill out the [Male/Gender Neutral \(or Female\) BRAVO Concealable Sizing Vest Instruction](#) form
Fill in contact details, deviation details, and sign the [Male \(or Female\) Concealable Sizing](#) form
Submit the completed above forms [along with your order](#) to orders@armorexpress.com



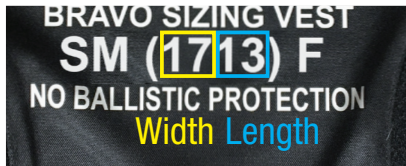
Sizing with TAPE MEASURER (WITHOUT SIZING VESTS):

Use the [Male/Gender Neutral \(or Female\) Sizing Instructions](#) video
Fill out the [Male/Gender Neutral \(or Female\) Concealable Sizing Instruction](#) form
Fill out all applicable fields, and sign the [Male \(or Female\) Concealable Sizing](#) form
Submit the completed above form [along with your order](#) to orders@armorexpress.com



FEMALE BRAVO CONCEALABLE SIZING VEST INSTRUCTION

For proper sizing the officer shall wear their duty pants, duty belt, and the garment normally worn under the uniform shirt. The officer should not artificially adjust the height of their duty belt. The officer should not sit or stand artificially erect. A separate person should conduct the sizing.



FINAL MEASUREMENTS

Front Width Front Length / Back Width Back Length

- The front and back panels do not have to be identical to achieve an optimum fit. Back width cannot be more than 2" wider than front.
- Ensure the officer is comfortable with armor coverage determined by your measurements.
- Once you have determined the size, record it above. Submit it along with your order to Armor Express.



TORSO-GIRTH MEASUREMENT

(Standing) Measure around the back and widest part of the abdomen using the navel as a reference. Determine the sizing vest to use by matching this value on the Female Bravo Sizing Chart.



DONN VEST AND ADJUST

(Standing) Have the officer don the vest. Adjust the vest using the shoulders and waist straps so it provides a proper fit.

EVALUATE THE FIT

The center of the top front panel should be aligned with the bottom of the suprasternal notch. The top center of the rear panel should be even with the most prominent cervical vertebrae of the back (generally 2" below the top edge of the t-shirt.)

Have the officer extend their arms in a driving and shooting position. Check the amount of upper chest coverage received from the sizing panel and ensure it does not limit their range of motion. If needed adjust sizing vest either to a larger or smaller size.



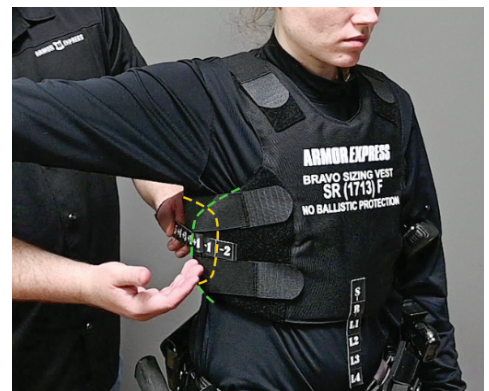
SEATED FRONT LENGTH MEASUREMENT

(Seated, round value down) Using the numbered tape extensions at the bottom of the sizing vest, find where the tape and the duty belt meet. Add the corresponding value to the front length measurement, **this is your front length measurement (ie. 17L1).**



STANDING BACK LENGTH MEASUREMENT

(Standing, round value down) Using the numbered tape extensions at the bottom of the sizing vest find where the tape and the duty belt meet. Note the corresponding value – add this to the size of the panel, **this is your back length measurement (ie. 17I5).**



DETERMINING OVERLAP PROTECTION

(Standing, round value up) Adjust the front and back panels so that the panels are meeting or have an equal amount of gap/overlap on both sides. Pull the numbered tape extensions towards the rear panel to match the desired overlap for the officer – add this to the width size of the back panel, **this is your back width measurement (shown here with a 2" overlap at 17I3).**

FRONT WIDTH MEASUREMENT

The front width matches the value listed on the selected front sizing vest (ie. **17I3**).

FEMALE CONCEALABLE SIZING INSTRUCTIONS

These instructions are a supplement to the Female Concealable Sizing Form (a separate document). To ensure the proper fit, be precise and record all the requested measurements on the Female Concealable Sizing Form. During sizing, the officer should wear their on-duty undergarment, duty pants and duty belt. The officer should not artificially adjust the height of their duty belt. The officer should not sit or stand artificially erect. A separate person should conduct the measuring using a vinyl or cloth measuring tape. Ensure the tape remains leveled and snug; do not over tighten.

NECESSARY TOOLS

- Female Concealable Sizing Form
- Writing Utensil
- Soft Tape Measure
- Female BRAVO or LEGACY Sizing Chart
- Armless Chair
- Straight Ruler



A CHEST MEASUREMENT (Standing) Measure the fullest part of the chest by placing the tape under the arms, across the bust line and around the shoulder blades. Rounding up to the nearest inch - Record measurement.

B TORSO GIRTH (Standing) Measure around the officer's waist at the widest part of the abdomen using the navel as a reference. Rounding up to the nearest inch - Record measurement.

C BACK LENGTH MEASUREMENT (Standing) Measure from the most **prominent** cervical down to the top of the duty belt. Rounding down to the nearest inch - Record measurement.



D SEATED SUPRASTERNAL NOTCH TO DUTY BELT (Seated) Place a straight ruler across the bust line, measure from the bottom of the suprasternal notch down to the duty belt. Rounding down to the nearest inch - Record measurement. This measurement is referred to as "Center Front" on the Female BRAVO or LEGACY Sizing Chart.



E STANDING SUPRASTERNAL NOTCH TO DUTY BELT (Standing) Place a straight ruler across the bust line, measure from the bottom of the suprasternal notch down to the duty belt - Rounding down to the nearest inch - Record measurement. This measurement is used as a reference point for armor coverage between sitting and standing.

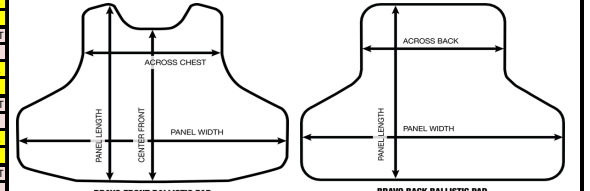
Female BRAVO Sizing Chart

FRONT PANEL WIDTH																									
S (17)																									
FRONT PANEL LENGTH	Short		CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT											
		ACROSS CHEST	9.50	ACROSS CHEST	10.00	ACROSS CHEST	10.50	ACROSS CHEST	11.00	ACROSS CHEST	11.50	ACROSS CHEST	12.00	ACROSS CHEST	12.50										
		9.0"	AT SHOULDER	9.5"	AT SHOULDER	10.0"	AT SHOULDER	10.5"	AT SHOULDER	11.0"	AT SHOULDER	11.5"	AT SHOULDER	12.0"	AT SHOULDER										
	Regular																								
		ACROSS CHEST	10.50	ACROSS CHEST	11.00	ACROSS CHEST	11.50	ACROSS CHEST	12.00	ACROSS CHEST	12.50	ACROSS CHEST	13.00	ACROSS CHEST	13.50										
		9.0"	AT SHOULDER	9.5"	AT SHOULDER	10.0"	AT SHOULDER	10.5"	AT SHOULDER	11.0"	AT SHOULDER	11.5"	AT SHOULDER	12.0"	AT SHOULDER										
	Long 1																								
		ACROSS CHEST	11.50	ACROSS CHEST	12.00	ACROSS CHEST	12.50	ACROSS CHEST	13.00	ACROSS CHEST	13.50	ACROSS CHEST	14.00	ACROSS CHEST	14.50										
		9.0"	AT SHOULDER	9.5"	AT SHOULDER	10.0"	AT SHOULDER	10.5"	AT SHOULDER	11.0"	AT SHOULDER	11.5"	AT SHOULDER	12.0"	AT SHOULDER										
	Long 2																								
		ACROSS CHEST	12.50	ACROSS CHEST	13.00	ACROSS CHEST	13.50	ACROSS CHEST	14.00	ACROSS CHEST	14.50	ACROSS CHEST	15.00	ACROSS CHEST	15.50										
		9.0"	AT SHOULDER	9.5"	AT SHOULDER	10.0"	AT SHOULDER	10.5"	AT SHOULDER	11.0"	AT SHOULDER	11.5"	AT SHOULDER	12.0"	AT SHOULDER										
	Long 3																								
		ACROSS CHEST	13.50	ACROSS CHEST	14.00	ACROSS CHEST	14.50	ACROSS CHEST	15.00	ACROSS CHEST	15.50	ACROSS CHEST	16.00	ACROSS CHEST	16.50										
		9.0"	AT SHOULDER	9.5"	AT SHOULDER	10.0"	AT SHOULDER	10.5"	AT SHOULDER	11.0"	AT SHOULDER	11.5"	AT SHOULDER	12.0"	AT SHOULDER										
	Long 4																								
		ACROSS CHEST	14.50	ACROSS CHEST	15.00	ACROSS CHEST	15.50	N/A			ACROSS CHEST	16.50	ACROSS CHEST	17.00	ACROSS CHEST	17.50									
		9.0"	AT SHOULDER	9.5"	AT SHOULDER	10.0"	AT SHOULDER			11.0"	AT SHOULDER	11.5"	AT SHOULDER	12.0"	AT SHOULDER										
	BACK PANEL WIDTH		16"	17"	18"	19"	20"	21"	22"	23"	24"	25"	26"	27"	28"	29"	30"	31"	32"	33"	34"	35"			
	BACK PANEL LENGTH	12	ACROSS BACK	9.125"	ACROSS BACK	9.5"	ACROSS BACK	9.875"	ACROSS BACK	10.25"	ACROSS BACK	10.625"	ACROSS BACK	11.0"	ACROSS BACK	11.375"	ACROSS BACK	11.75"	ACROSS BACK	12.125"	ACROSS BACK	12.5"	ACROSS BACK	12.875"	ACROSS BACK
13		ACROSS BACK	9.125"	ACROSS BACK	9.5"	ACROSS BACK	9.875"	ACROSS BACK	10.25"	ACROSS BACK	10.625"	ACROSS BACK	11.0"	ACROSS BACK	11.375"	ACROSS BACK	11.75"	ACROSS BACK	12.125"	ACROSS BACK	12.5"	ACROSS BACK	12.875"	ACROSS BACK	13.25"
14		ACROSS BACK	9.125"	ACROSS BACK	9.5"	ACROSS BACK	9.875"	ACROSS BACK	10.25"	ACROSS BACK	10.625"	ACROSS BACK	11.0"	ACROSS BACK	11.375"	ACROSS BACK	11.75"	ACROSS BACK	12.125"	ACROSS BACK	12.5"	ACROSS BACK	12.875"	ACROSS BACK	13.25"
15		ACROSS BACK	9.125"	ACROSS BACK	9.5"	ACROSS BACK	9.875"	ACROSS BACK	10.25"	ACROSS BACK	10.625"	ACROSS BACK	11.0"	ACROSS BACK	11.375"	ACROSS BACK	11.75"	ACROSS BACK	12.125"	ACROSS BACK	12.5"	ACROSS BACK	12.875"	ACROSS BACK	13.25"
16		ACROSS BACK	9.125"	ACROSS BACK	9.5"	ACROSS BACK	9.875"	ACROSS BACK	10.25"	ACROSS BACK	10.625"	ACROSS BACK	11.0"	ACROSS BACK	11.375"	ACROSS BACK	11.75"	ACROSS BACK	12.125"	ACROSS BACK	12.5"	ACROSS BACK	12.875"	ACROSS BACK	13.25"
17		ACROSS BACK	9.125"	ACROSS BACK	9.5"	ACROSS BACK	9.875"	ACROSS BACK	10.25"	ACROSS BACK	10.625"	ACROSS BACK	11.0"	ACROSS BACK	11.375"	ACROSS BACK	11.75"	ACROSS BACK	12.125"	ACROSS BACK	12.5"	ACROSS BACK	12.875"	ACROSS BACK	13.25"
18		ACROSS BACK	9.125"	ACROSS BACK	9.5"	ACROSS BACK	9.875"	ACROSS BACK	10.25"	ACROSS BACK	10.625"	ACROSS BACK	11.0"	ACROSS BACK	11.375"	ACROSS BACK	11.75"	ACROSS BACK	12.125"	ACROSS BACK	12.5"	ACROSS BACK	12.875"	ACROSS BACK	13.25"
19		ACROSS BACK	9.125"	ACROSS BACK	9.5"	ACROSS BACK	9.875"	ACROSS BACK	10.25"	ACROSS BACK	10.625"	ACROSS BACK	11.0"	ACROSS BACK	11.375"	ACROSS BACK	11.75"	ACROSS BACK	12.125"	ACROSS BACK	12.5"	ACROSS BACK	12.875"	ACROSS BACK	13.25"
20		ACROSS BACK	9.125"	ACROSS BACK	9.5"	ACROSS BACK	9.875"	ACROSS BACK	10.25"	ACROSS BACK	10.625"	ACROSS BACK	11.0"	ACROSS BACK	11.375"	ACROSS BACK	11.75"	ACROSS BACK	12.125"	ACROSS BACK	12.5"	ACROSS BACK	12.875"	ACROSS BACK	13.25"
21		ACROSS BACK	9.125"	ACROSS BACK	9.5"	ACROSS BACK	9.875"	ACROSS BACK	10.25"	ACROSS BACK	10.625"	ACROSS BACK	11.0"	ACROSS BACK	11.375"	ACROSS BACK	11.75"	ACROSS BACK	12.125"	ACROSS BACK	12.5"	ACROSS BACK	12.875"	ACROSS BACK	13.25"
22		ACROSS BACK	9.125"	ACROSS BACK	9.5"	ACROSS BACK	9.875"	ACROSS BACK	10.25"	ACROSS BACK	10.625"	ACROSS BACK	11.0"	ACROSS BACK	11.375"	ACROSS BACK	11.75"	ACROSS BACK	12.125"	ACROSS BACK	12.5"	ACROSS BACK	12.875"	ACROSS BACK	13.25"

SIZE	BUST	WAIST	FRONT PANEL	BACK PANEL
SM	34"-35"	27"-28"	SR (1713)	1713
MD	36"-38"	29"-31"	MR (1813.5)	1813
LG	39"-41"	32"-34"	LR (2014)	2014
XL	43"-45"	35"-38"	XLR (2214.5)	2214
2XL	47"-49"	40"-42"	2XLR (2415)	2415
3XL	51"-53"	44"-46"	3XLR (2615.5)	2615
4XL	55"-57"	48"-50"	4XLR (2816)	2816

F469 Rev Rel (04/02/2020)

SIZE	BUST	WAIST	FRONT PANEL	BACK PANEL
SM	34"-35"	27"-28"	SR (1713)	1713
MD	36"-38"	29"-31"	MR (1813.5)	1813
LG	39"-41"	32"-34"	LR (2014)	2014
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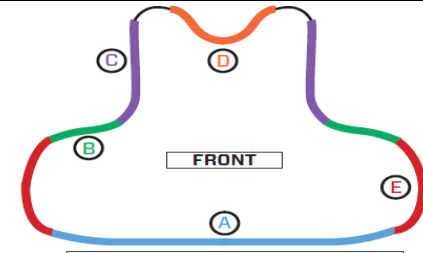


LEGACY Female Sizing Chart

FRONT PANEL WIDTH			S (17)		M (18)		L (20)		XL (22)		2X (24)		3X (26)		4X (28)		
FRONT PANEL LENGTH	Short		CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	
		ACROSS CHEST	8.00	ACROSS CHEST	8.50	ACROSS CHEST	9.50	ACROSS CHEST	11.25	ACROSS CHEST	11.75	ACROSS CHEST	11.75	ACROSS CHEST	11.75	ACROSS CHEST	11.75
		8.75	AT SHOULDER	9.00	AT SHOULDER	9.50	AT SHOULDER	11.50	AT SHOULDER	12.50	AT SHOULDER	12.50	AT SHOULDER	12.50	AT SHOULDER	12.50	AT SHOULDER
	Regular		CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT
		ACROSS CHEST	9.00	ACROSS CHEST	9.50	ACROSS CHEST	10.50	ACROSS CHEST	12.25	ACROSS CHEST	12.75	ACROSS CHEST	12.75	ACROSS CHEST	12.75	ACROSS CHEST	12.75
		8.75	AT SHOULDER	9.00	AT SHOULDER	9.50	AT SHOULDER	11.50	AT SHOULDER	12.50	AT SHOULDER	12.50	AT SHOULDER	12.50	AT SHOULDER	12.50	AT SHOULDER
	Long 1		CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT
		ACROSS CHEST	10.00	ACROSS CHEST	10.50	ACROSS CHEST	11.50	ACROSS CHEST	13.25	ACROSS CHEST	13.75	ACROSS CHEST	13.75	ACROSS CHEST	13.75	ACROSS CHEST	13.75
		8.75	AT SHOULDER	9.00	AT SHOULDER	9.50	AT SHOULDER	11.50	AT SHOULDER	12.50	AT SHOULDER	12.50	AT SHOULDER	12.50	AT SHOULDER	12.50	AT SHOULDER
	XL		CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT
		ACROSS CHEST	11.00	ACROSS CHEST	11.50	ACROSS CHEST	12.50	ACROSS CHEST	14.25	ACROSS CHEST	14.75	ACROSS CHEST	14.75	ACROSS CHEST	14.75	ACROSS CHEST	14.75
		8.75	AT SHOULDER	9.00	AT SHOULDER	9.50	AT SHOULDER	11.50	AT SHOULDER	12.50	AT SHOULDER	12.50	AT SHOULDER	12.50	AT SHOULDER	12.50	AT SHOULDER
	2XL		CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT
		ACROSS CHEST	12.00	ACROSS CHEST	12.50	ACROSS CHEST	13.50	ACROSS CHEST	15.25	ACROSS CHEST	15.75	ACROSS CHEST	15.75	ACROSS CHEST	15.75	ACROSS CHEST	15.75
		8.75	AT SHOULDER	9.00	AT SHOULDER	9.50	AT SHOULDER	11.50	AT SHOULDER	12.50	AT SHOULDER	12.50	AT SHOULDER	12.50	AT SHOULDER	12.50	AT SHOULDER
	3XL		CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT
		ACROSS CHEST	13.00	ACROSS CHEST	13.50	ACROSS CHEST	14.50	ACROSS CHEST	16.25	ACROSS CHEST	16.75	ACROSS CHEST	16.75	ACROSS CHEST	16.75	ACROSS CHEST	16.75
		8.75	AT SHOULDER	9.00	AT SHOULDER	9.50	AT SHOULDER	11.50	AT SHOULDER	12.50	AT SHOULDER	12.50	AT SHOULDER	12.50	AT SHOULDER	12.50	AT SHOULDER
	4XL		CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT	CENTER FRONT
		ACROSS CHEST	14.00	ACROSS CHEST	14.50	ACROSS CHEST	15.50	ACROSS CHEST	17.25	ACROSS CHEST	17.75	ACROSS CHEST	17.75	ACROSS CHEST	17.75	ACROSS CHEST	17.75
		8.75	AT SHOULDER	9.00	AT SHOULDER	9.50	AT SHOULDER	11.50	AT SHOULDER	12.50	AT SHOULDER	12.50	AT SHOULDER	12.50	AT SHOULDER	12.50	AT SHOULDER
BACK PANEL WIDTH			14"	17"	20"	22"	25"	28"	30"								
BACK PANEL LENGTH	10.5"	ACROSS BACK	9.50	ACROSS BACK	9.50	ACROSS BACK	11.00	ACROSS BACK	12.00	ACROSS BACK	12.00						
		ACROSS BACK	9.50	ACROSS BACK	9.50	ACROSS BACK	11.00	ACROSS BACK	12.00	ACROSS BACK	12.00						
	11.5"	ACROSS BACK	9.50	ACROSS BACK	9.50	ACROSS BACK	11.00	ACROSS BACK	12.00	ACROSS BACK	12.00						
		ACROSS BACK	9.50	ACROSS BACK	9.50	ACROSS BACK	11.00	ACROSS BACK	12.00	ACROSS BACK	12.00						
	12.5"	ACROSS BACK	9.50	ACROSS BACK	9.50	ACROSS BACK	11.00	ACROSS BACK	12.00	ACROSS BACK	12.00						
		ACROSS BACK	9.50	ACROSS BACK	9.50	ACROSS BACK	11.00	ACROSS BACK	12.00	ACROSS BACK	12.00						
	13.5"	ACROSS BACK	9.50	ACROSS BACK	9.50	ACROSS BACK	11.00	ACROSS BACK	12.00	ACROSS BACK	12.00						
		ACROSS BACK	9.50	ACROSS BACK	9.50	ACROSS BACK	11.00	ACROSS BACK	12.00	ACROSS BACK	12.00						
	14.5"	ACROSS BACK	9.50	ACROSS BACK	9.50	ACROSS BACK	11.00	ACROSS BACK	12.00	ACROSS BACK	12.00						
		ACROSS BACK	9.50	ACROSS BACK	9.50	ACROSS BACK	11.00	ACROSS BACK	12.00	ACROSS BACK	12.00						
15.5"	ACROSS BACK	9.50	ACROSS BACK	9.50	ACROSS BACK	11.00	ACROSS BACK	12.00	ACROSS BACK	12.00							
	ACROSS BACK	9.50	ACROSS BACK	9.50	ACROSS BACK	11.00	ACROSS BACK	12.00	ACROSS BACK	12.00							
16.5"	ACROSS BACK	9.50	ACROSS BACK	9.50	ACROSS BACK	11.00	ACROSS BACK	12.00	ACROSS BACK	12.00							
	ACROSS BACK	9.50	ACROSS BACK	9.50	ACROSS BACK	11.00	ACROSS BACK	12.00	ACROSS BACK	12.00							
17.5"	ACROSS BACK	9.50	ACROSS BACK	9.50	ACROSS BACK	11.00	ACROSS BACK	12.00	ACROSS BACK	12.00							
	ACROSS BACK	9.50	ACROSS BACK	9.50	ACROSS BACK	11.00	ACROSS BACK	12.00	ACROSS BACK	12.00							
18.5"	ACROSS BACK	9.50	ACROSS BACK	9.50	ACROSS BACK	11.00	ACROSS BACK	12.00	ACROSS BACK	12.00							
	ACROSS BACK	9.50	ACROSS BACK	9.50	ACROSS BACK	11.00	ACROSS BACK	12.00	ACROSS BACK	12.00							
F469-L Rev Rel (04/15/2020)																	

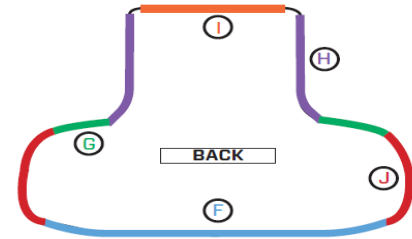
LEGACY TRIM OPTION CODES

FRONT	1 INCH	1/2 INCH	BACK	1 INCH	1/2 INCH
B	U1	U2	G	BU1	BU2
C	C1	C2	H	BC1	BC2
D	N1	N2	I	BN1	BN2



FRONT PANEL

- A Length - 1" increments
- B Underarm - $\pm 0.5"$ or $\pm 1"$ only
- C Upper Chest - $\pm 0.5"$ or $\pm 1"$ only
- D Neckline - $\pm 0.5"$ or $\pm 1"$ only
- E Width - 1" increments on each side



BACK PANEL

- F Back Length - 1" increments
- G Back Underarm - $\pm 0.5"$ or $\pm 1"$ only
- H Upper Back - $\pm 0.5"$ or $\pm 1"$ only
- I Back Neckline - $\pm 0.5"$ or $\pm 1"$ only
- J Back Width - 1" increments on each side