

# Sleeve Block (Non-Stretch) Fitting Checklist

The printable companion guide to my [YouTube video](#).

## STEP 1. SLEEVE CAP

		NOTES
a.	Too high = sleeve cap puffiness	
b.	Too short = tightness in sleeve cap & bagginess around bicep	

## STEP 2. ARMHOLE

		NOTES
a.	Too much ease = dimples at armhole seam	
b.	Insufficient ease = tightness (front, back, or both), trouble rotating arm, digging into armpit	

## STEP 3. VERTICALS

		NOTES
a.	Bicep line @ widest portion of upper arm	
b.	Elbow line @ elbow bone	
c.	Wrist line @ wrist bone	

#### STEP 4. BICEP WIDTH

		NOTES
a.	Too loose = bagginess	
b.	Too tight = tightness when flex, horizontal stretch lines	

#### STEP 5. ELBOW WIDTH

		NOTES
a.	Too loose = bagginess	
b.	Too tight = tightness when bend, horizontal stretch lines	

#### STEP 6. WRIST WIDTH

		NOTES
a.	Too loose = bagginess	
b.	Too tight = difficulty sliding over hand	