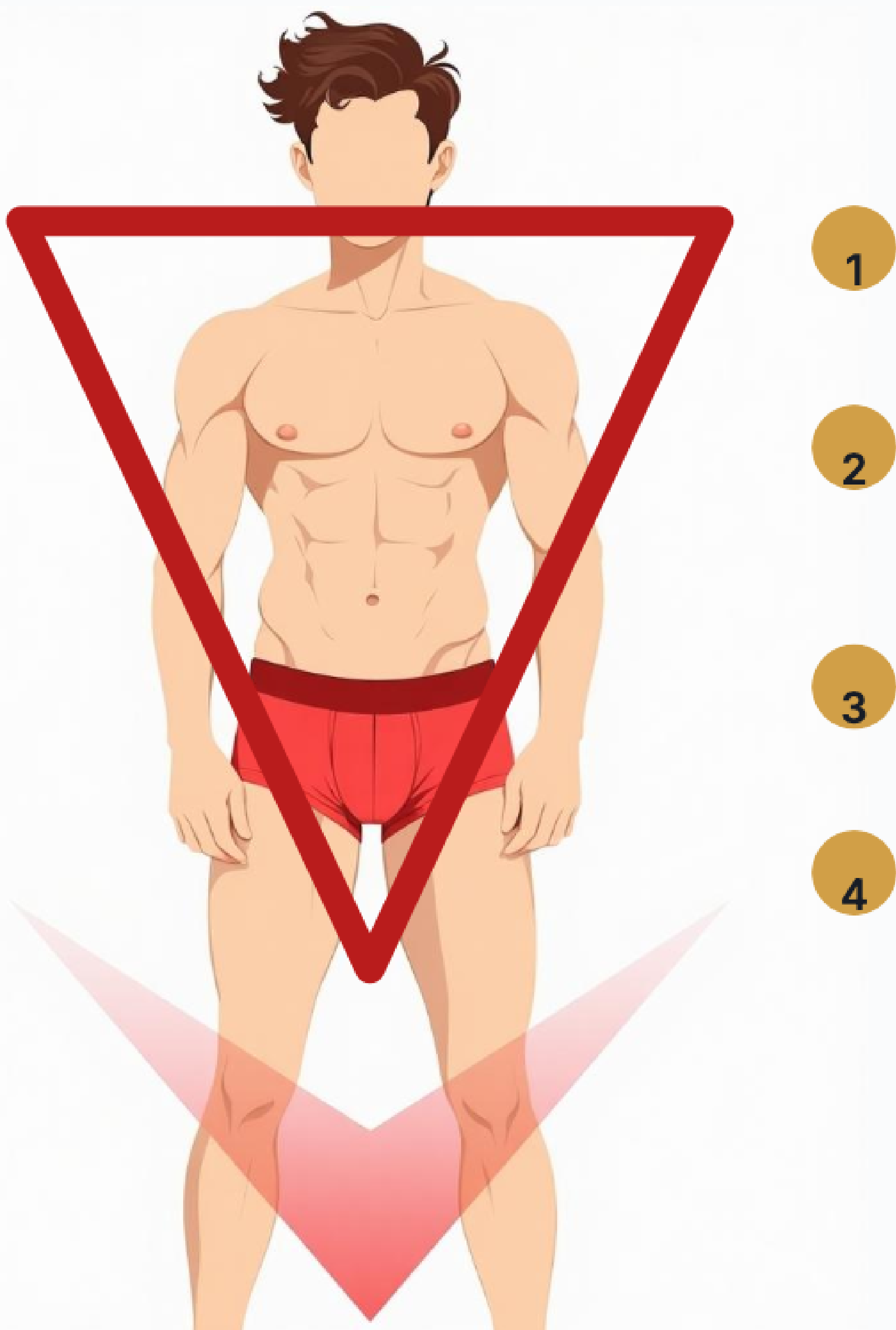


Inverted Triangle



How Do You Know If You Are an Inverted Triangle?

You are built like an athlete. Broad shoulders and a well developed chest taper dramatically into a narrow waist and hips.

- 1

Shoulders

Measure across. Are they significantly wider than your waist, by 4+ inches?
- 2

Chest

Is your chest broad and well-developed? Does it dominate your silhouette?
- 3

Waist

Does your waist taper in noticeably from your chest? Is the drop more than 6 inches?
- 4

Hips

Are your hips much narrower than your shoulders? Do trousers feel loose at the waist?

How To Dress Your Inverted Triangle Shape

- Style

Avoid shoulder pads, epaulettes and oversize. You do not need extra width. V necks and open collars elongate without adding bulk.
- Shape

Tapered, slim, straight leg or slightly wider trousers balance your proportions. Horizontal stripes on your lower half add visual weight. Avoid skinny trousers or you'll look like a carrot.
- Colours

Darker shades on top minimise shoulder dominance. Lighter colours below create balance.