

# Body Measurements

**CHEST**

Measure around the fullest part, across chest points, keeping the tape horizontal.

**WAIST**

Measure around the narrowest part (typically the small of your back and where your body bends side to side), keeping the tape horizontal.

**HIP**

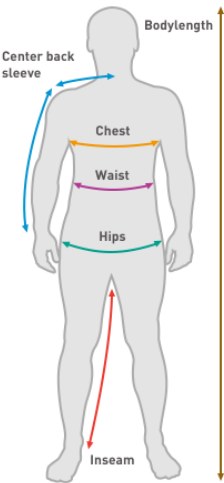
Measure around the fullest part of your hips keeping the tape horizontal.

**CENTER BACK SLEEVE**

Measure straight from center back neck to shoulderpoint, and from shoulderpoint to wrist with the arm in a relaxed position.

**INSEAM**

Measure from top of inside thigh to bottom of ankle, while standing with straight legs.



## Men’s

**BODY MEASUREMENTS**

CM INCHES

SIZE	CHEST	WAIST	HIP	CB SLEEVE*	BODYLENGTH
XS	88	76	88	82	170
S	92	80	92	84	174
M	100	88	100	87	180
L	108	96	108	90	184
XL	116	104	116	93	188
2XL	124	112	124	96	192
3XL	132	120	132	98	194
4XL	140	128	140	98,5	194
5XL	148	136	148	99	194

\*Centre Back Sleeve: Measure straight from center back neck to shoulderpoint, and from shoulderpoint to wrist with the arm in a relaxed position.

# Women's

BODY MEASUREMENTS

CM INCHES

SIZE	CHEST	WAIST	HIP	CB SLEEVE*	BODYLENGTH
XS	80	65	88	75	156
S	84	68	92	77	160
M	92	76	100	81	168
L	100	84	108	83	172
XL	108	93	116	84	174
2XL	116	103	124	85	176
3XL	124	113	132	86	178

\*Centre Back Sleeve: Measure straight from center back neck to shoulderpoint, and from shoulderpoint to wrist with the arm in a relaxed position.