

CHEST: Place the tape measure under your arms at the fullest part of your chest, wrap around your body until your fingers meet and mark the measurement.

BUST: Place the tape measure under your arms at the fullest part of your chest, wrap around your body until your fingers meet and mark the measurement.

WAIST: Measure around your natural waistline—right above your hips. Be careful not to squeeze too tight to allow a little give.



Men’s

|     | Chest       | Waist       |
|-----|-------------|-------------|
| XS  | 76-81       | 67-70       |
| S   | 86,4-91,4   | 71,1-73,7   |
| M   | 96,5-101,6  | 76,2-81,3   |
| L   | 106,7-111,8 | 86,4-91,4   |
| XL  | 116,8-121,9 | 96,5-101,6  |
| XXL | 127-132,1   | 106,7-111,8 |
| 3XL | 132,1-137,2 | 111,8-116,8 |
| 4XL | 137,2-142,2 | 116,8-121,9 |
| 5XL | 142,2-147,3 | 121,9-127   |

INCHES

CENTIMETERS

# Women's

|     | Bust        | Waist     | US sizes |
|-----|-------------|-----------|----------|
| XS  | 78.7-83.8   | 58.4-63.5 | 0-2      |
| S   | 85.1-90.2   | 64.8-69.9 | 4-6      |
| M   | 91.4-96.5   | 71.1-76.2 | 8-10     |
| L   | 97.8-102.9  | 77.5-82.6 | 12-14    |
| XL  | 104.1-109.2 | 83.8-88.9 | 16       |
| XXL | 111.8-116.8 | 91.4-96.5 | 18       |
| 1X  | 112-119.5   | 99-109    | 16W-18W  |
| 2X  | 122-129.5   | 112-122   | 20W-22W  |
| 3X  | 132-140     | 124.5-135 | 24W-26W  |

INCHES

CENTIMETERS