



CHEST - MEASURE YOUR CHEST AROUND THE FULLEST PART.
PLACE MEASURING TAPE UP CLOSE UNDER YOUR ARMS.

WAIST - MEASURE ABOVE BELLY BUTTON, ON YOUR NATURAL WAISTLINE.

HIP - STAND WITH FEET TOGETHER. MEASURE FULLEST PART OF BUTTOCKS.
KEEP MEASURING TAPE STRAIGHT AND TAUT (JUST FIRM, NOT TOO TIGHT)

MEN & BOYS SIZING CHART- BODY MEASUREMENTS

SIZES	CHEST		WAIST		HIP	
	CM	INCHES	CM	INCHES	CM	INCHES
8/5XS	69-73	27-28.5	54-58	21-22.5	71-75	27.5-29
10/4XS	74-78	29-30.5	59-63	23-24.5	76-80	29.5-31
12/3XS	79-83	31-32.5	64-68	25-26.5	81-85	31.5-33
14/2XS	84-88	33-34.5	69-73	27-28.5	86-90	33.5-35
16/XS	89-93	35-36.5	74-78	29-30.5	91-95	35.5-37
S	94-98	37-38.5	79-83	31-32.5	96-100	37.5-39
M	99-103	39-40.5	84-88	33-34.5	101-105	39.5-41
L	104-108	41-42.5	89-93	35-36.5	106-110	41.5-43
XL	109-113	43-44.5	94-98	37-38.5	111-115	43.5-45
2XL	114-118	45-46.5	99-103	39-40.5	116-120	45.5-47
3XL	119-123	47-48.5	104-108	41-42.5	121-125	47.5-49
4XL	124-129	49-50.5	109-114	43-44.5	126-131	49.5-51

