



SIZE	CHEST	WAIST	HIP	HEIGHT
XS	29.6 - 32.9	23.75 - 27	29.6 - 32.9	5' 8" - 5' 9"
S	32.9 - 36.1	27 - 30.25	32.9 - 36.1	5' 9" - 5' 10"
М	36.1 - 39.4	30.25 - 33.5	36.1 - 39.4	5' 10' - 5' 10.8"
L	39.4 - 42.6	33 36.75	39.4 - 42.6	5' 10.8" - 5' 11.5
XL	42.6 - 47.4	36.75 - 41.5	42.6 - 45.9	5' 11.5" - 6'
XXL	47.4 - 52.1	41.5 - 46.25	46.9 - 49.1	6' - 6' 1"
3XL	52.1 - 56.9	46.25 - 51	49.1 - 52.4	6' 1" - 6' 2"

How to Measure Your Body

- 1 Chest: Measure around the fullest part of your chest, keeping the tape parallel to the ground.
- Waist: Measure around your natural waistline, which is typically just above your belly button.
- 3 Hips: Measure around the fullest part of your hips and buttocks, keeping the tape parallel to the ground.
- 4 Inseam: Measure from the top of your inner thigh to the bottom of your ankle bone.

