



SIZE	CHEST	WAIST	HIP	HEIGHT
XS	28.75 - 31.5	22.5 - 25.25	31.75 - 34.5	5' 5.9" - 5' 6.25"
S	31.5 - 34.25	25.25 - 28	34.5 - 37.25	5' 6.25" - 5' 6.6"
М	34.25 - 37	28 - 30.75	37.25 - 40	5' 6.6' - 5' 7"
L	37 - 39.75	30.75 - 33.5	40 - 42.75	5' 7" - 5' 7.4
XL	39.75 - 43.75	33.5 - 37.5	42.75 - 46	5' 7.4" - 5' 7.75"
XXL	43.75 - 47.75	37.5 - 41.5	46 - 49.25	5' 7.75" - 5' 8.1"
3XL	47.5 - 51.75	41.5 - 45.5	49.25 - 52.5	5' 8.1" - 5' 8.5"

How to Measure Your Body

- 1 Chest: Measure around the fullest part of your chest, keeping the tape parallel to the ground.
- **2 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.

