



SIZE	CHEST	WAIST	HIP	HEIGHT
XS	25.5 - 26	23.5 - 24	27 - 28	3' 11" - 4' 3"
S	26 - 27	24 - 25.5	28 - 29.5	4' 3" - 4' 7"
М	27 - 29.5	25.5 - 27	29.5 - 31.5	4' 7" - 4' 11"
L	29.5 - 32	27 - 28.5	31.5 - 33.5	4' 11" - 5' 3"
XL	32 - 35	28.5 - 29.5	33.5 - 35	5' 3" - 5' 7"

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.

