



HOW TO MEASURE

1. CHEST

Measure across the fullest part of the chest, keeping the measuring tape level.

Cm Inches

	XS	S	M	L	XL	XXL	XXXL
Chest	104	109	114	119	124	130	137
Waist	102	107	112	117	122	127	135
Hips	104	109	114	119	124	130	137

Cm Inches

	XS	S	M	L	XL	XXL	XXXL
Chest	41	43	45	47	49	51	54
Waist	40	42	44	46	48	50	53
Hips	41	43	45	47	49	51	54