

# MEN CLOTHING SIZE GUIDE



## How to measure:

### - CHEST

Measure around the fullest part of your bust, with the tape under your arms and flat across your back (parallel with the floor). It's best to do this with your top off, or with a bra you intend to wear with the garment.

### - WAIST

Measure around the narrowest part of your waist, keeping the measuring tape level with the floor.

### - HIPS

With your legs and feet together, draw tape firmly around the fullest - that is, the widest - part of your hips to take measurement. **IN CENTIMETERS!**

SIZE:	S	M	L	XL	XXL	XXXL
CHEST	92-96	98-102	104-108	110-114	116-120	122-126
WAIST	80-84	86-90	92-96	98-102	104-108	110-114
HIPS	96-100	102-106	106-110	112-116	118-122	124-128
HIGHT	170-178	174-182	178-186	182-192	184-196	186-198