

# SIZING GUIDE

## MEN'S

Product Label	SMALL	MEDIUM	LARGE	X-LARGE	XX-LARGE
Chest (cm)	87-92cm	93-100cm	101-108cm	109-118cm	119-130cm
Waist	75-80cm	81-88cm	89-96cm	97-106cm	107-119cm
Hip	86-91cm	92-99cm	100-107cm	108-116cm	117-125cm

## WOMEN'S

Product Label	X-SMALL	SMALL	MEDIUM	LARGE	X-LARGE
Bust (cm)	77-82cm	83-88cm	89-94cm	95-101cm	102-109cm
Waist	61-66cm	67-72cm	73-79cm	79-85cm	86-94cm
Hip	86-91cm	92-97cm	98-103cm	104-110cm	111-117cm

## How to measure

Hold the tape horizontally to measure:

1. Chest/Bust, around the widest part
2. Waist, around the narrowest part
3. Hip, around the widest part, keeping the feet close together