

UNISEX		S	M	L	XL	XXL
TOPS						
1. CHEST	CM	88 - 92	96 - 100	104 - 108	112 - 116	120 - 124
	IN	34.63 - 35.25	37.75 - 39.38	41 - 42.5	44.25 - 45.63	47.25 - 48.88
2. WAIST	CM	73.5 - 78.5	81 - 86	88.5 - 93.5	96 - 101	105.5 - 108.5
	IN	29 - 31	32 - 34	35 - 37	38 - 40	41 - 43
3. BACK LENGTH	CM	UP TO 48	UP TO 53	UP TO 56	UP TO 56	UP TO 56
	IN	18.88	20.88	22	22	22
BOTTOMS						
2. WAIST	CM	73.5 - 78.5	81 - 86	88.5 - 93.5	96 - 101	105.5 - 108.5
	IN	29 - 31	32 - 34	35 - 37	38 - 40	41 - 43

HOW TO MEASURE

Measure specific areas using tape measure tightly and not over clothing, keep muscles in a relaxed state.

Measure **CHEST** circumference around the widest point of the chest, under armpits and over the shoulder blades.

Measure **WAIST** circumference above the hipbones and across the belly button.

Measure **BACK LENGTH** from the most prominent bone at base of neck to the waistline just above the hipbones.

