

## SIZE GUIDE - MENS

REV04

SIZE	XXS		XS		S		M		L		XL		XXL		3XL	
A. CHEST (CM)	78	83.5	83.5	89	89	94.5	94.5	100	100	105.5	105.5	111	111	116.5	116.5	122
C. WAIST (CM)	63	69	69	75	75	81	81	87	87	92	92	97	97	102	102	107
D. HIP (CM)	79	84.5	84.5	90	90	95.5	95.5	101	101	106.5	106.5	112	112	117.5	117.5	123
E. THIGH (CM)	48	50.5	50.5	53	53	55.5	55.5	58	58	60.5	60.5	63	63	65.5	65.5	68
F. INNER LEG (CM)	71	73	74	76	77	79	80	82	83	85	86	88	89	91	89	91
G. OUTER ARM (CM)	49	51	51.5	53.5	54.5	56.5	57.5	59	60	62	63	65	66	68	66	68
H. HEIGHT (CM)	157	162	163	168	169	174	175	179	180	184	185	189	190	194	190	194

## HOW TO MEASURE

### A. CHEST

Measure around the fullest part, under the armpits, keeping the tape horizontal.

### C. WAIST

Measure around the natural waist line, inline with the navel, keeping the tape horizontal.

### D. HIP

Measure around the fullest part of your hips, about 20cm below waist line, keeping the tape horizontal.

### E. THIGH

Measure around the thigh just below the crotch, keeping the tape horizontal.

### F. INNER LEG

Stand against a wall, ask someone else to measure from the crotch to the bottom of your leg.

### G. OUTER ARM

Measure from shoulder (Humerus) to wrist.

### H. HEIGHT

Stand against a wall, ask someone else to measure from the floor to the top of your head, keeping the tape vertical.

