## HOW TO MEASURE

MEN
waist
Take the waist measurement around the belly button.
hip
Make sure to measure the hip at
your widest butt area


## HOW TO MEASURE

WOMEN

chest
Postion the measurement tape arround your chest, move your arms down and take the measurement

COMPARE YOUR MEASURMENTS WITH THE MEASURMENTCHART

| SIZE | YOUR <br> SIZE | XXS | XS | S | M | L | XL | XXL |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Chest |  | $74-76$ | $76.5-81$ | $83-85$ | $85.5-89.5$ | $90-94$ | $97.5-99.5$ | $100-105$ |
| Waist |  | $59-61$ | $61.5-66$ | $68-70$ | $70.5-75$ | $75.5-81.5$ | $82-86$ | $87-91$ |
| Hip |  | $85-87$ | $87.5-92$ | $93.5-95.5$ | $96-100$ | $100.5-105$ | $106-110$ | $111-115$ |

