# **HOW TO MEASURE**

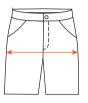
MEN

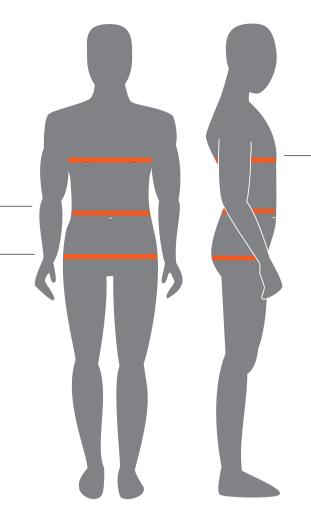
#### waist

Take the waist measurement around the belly button.

### hip

Make sure to measure the hip at your widest butt area





### chest

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

### COMPARE YOUR MEASURMENTS WITH THE MEASURMENTCHART

SIZE	YOUR	XS	S	М	L	XL	XXL	XXXL
	SIZE							
Chest		85-88	90-94	96-100	102-106	108-112	116-120	125-127
Waist		73-77	78-82	84-87	89-94	96-101	106-110	115-119
Hip		87-91	93-96	97-101	102-107	108-113	114-117	118-122

# **HOW TO MEASURE**

**WOMEN** 

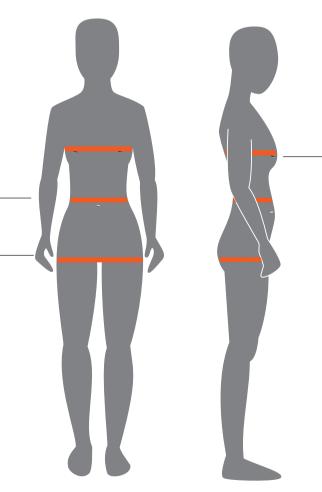
## waist

Take the waist measurement around the belly button.

### hip

Make sure to measure the hip at your widest butt area





### chest

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

### COMPARE YOUR MEASURMENTS WITH THE MEASURMENTCHART

SIZE	YOUR SIZE	XXS	XS	S	М	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	