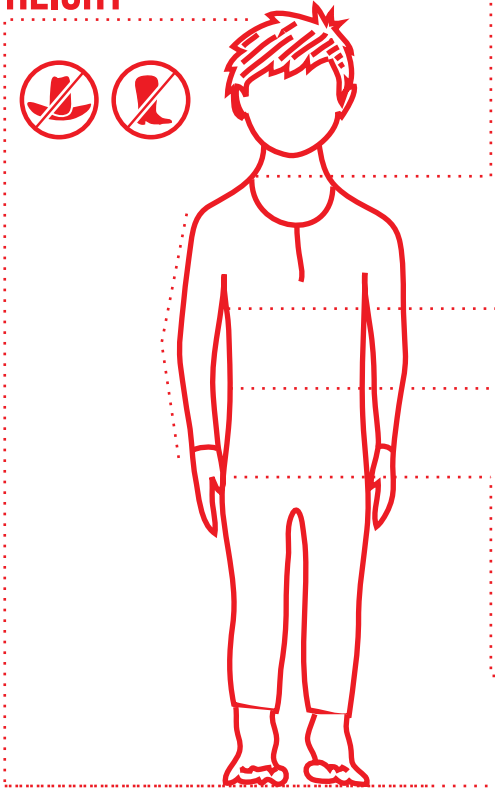




HEIGHT



NECK

AROUND THE BASE OF THE NECK

CHEST/BUST

HORIZONTALLY AROUND THE FULLEST PART OF THE CHEST/BUST. LET YOUR ARMS HANG LOOSE

WAIST

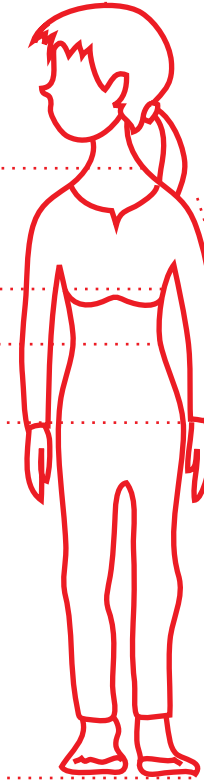
HORIZONTALLY AT THE NATURAL WAISTLINE. BEND YOUR UPPER BODY TO THE LEFT OR TO THE RIGHT. THE BENDING POINT IS YOUR NATURAL WAIST.

HIPS

HORIZONTALLY AT THE FULLEST PART OF THE HIPS

ARM LENGTH

FEEL FOR THE BONY TIP OF THE SHOULDER



AROUND A SLIGHTLY BENT ELBOW

JUST BELOW THE WRIST BONE

MEASUREMENT GUIDE

- . FOR BEST RESULTS WEAR TIGHT UNDERWEAR AND GET SOMEBODY TO HELP YOU.
- . KEEP THE TAPE MEASURE CLOSE TO THE BODY WITHOUT CONSTRICTING THE SKIN.

Men's Size Chart

Normal Sizes		44	46	48	50	52	54	56	58	60	62
Height	cm	168	171	174	177	180	182	184	186	188	190
	inch	5'6"	5'7"	5'9"	5'10"	5'11"	5'12"	6'0"	6'1"	6'2"	6'3"
Chest	cm	88	92	96	100	104	108	112	116	120	124
	inch	34 ⁵ / ₈	36 ¹ / ₄	37 ³ / ₄	39 ³ / ₈	41	42 ¹ / ₂	44 ¹ / ₈	45 ⁵ / ₈	47 ¹ / ₄	48 ³ / ₄
Waist	cm	78	82	86	90	94	98	104	110	116	122
	inch	30 ³ / ₄	32 ¹ / ₄	33 ⁷ / ₈	35 ³ / ₈	37	38 ⁵ / ₈	41	43 ¹ / ₄	45 ⁵ / ₈	48
Hip	cm	90	94	98	102	106	110	116	120	124	128
	inch	35 ³ / ₈	37	38 ⁵ / ₈	40 ¹ / ₈	41 ³ / ₄	43 ¹ / ₄	45 ⁵ / ₈	47 ¹ / ₄	48 ³ / ₄	50 ³ / ₈
Neck	cm	38	39	40	41	42	43	44	45	46	47
	inch	15	15 ³ / ₈	15 ³ / ₄	16 ¹ / ₈	16 ¹ / ₂	16 ⁷ / ₈	17 ³ / ₈	17 ³ / ₄	18 ¹ / ₈	18 ¹ / ₂
Arm Length	cm	61	62	63	64	65	66	67	68	69	70
	inch	24	24 ³ / ₈	24 ³ / ₄	25 ¹ / ₄	25 ⁵ / ₈	26	26 ³ / ₈	26 ³ / ₄	27 ¹ / ₈	27 ⁵ / ₈

Men's Size Chart

Slim Sizes		88	90	94	98	102	106	110	114	118	122
Height	cm	174	177	180	183	186	188	190	192	194	196
	inch	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"	6'4"	6'5"
Chest	cm	88	92	96	100	104	108	112	116	120	124
	inch	34 ⁵ / ₈	36 ¹ / ₄	37 ³ / ₄	39 ³ / ₈	41	42 ¹ / ₂	44 ¹ / ₈	45 ⁵ / ₈	47 ¹ / ₄	48 ³ / ₄
Waist	cm	78	82	86	90	94	98	104	110	116	122
	inch	30 ³ / ₄	32 ¹ / ₄	33 ⁷ / ₈	35 ³ / ₈	37	38 ⁵ / ₈	41	43 ¹ / ₄	45 ⁵ / ₈	48
Hip	cm	90	94	98	102	106	110	116	120	124	128
	inch	35 ³ / ₈	37	38 ⁵ / ₈	40 ¹ / ₈	41 ³ / ₄	43 ¹ / ₄	45 ⁵ / ₈	47 ¹ / ₄	48 ³ / ₄	50 ³ / ₈
Neck	cm	38	39	40	41	42	43	44	45	46	47
	inch	15	15 ³ / ₈	15 ³ / ₄	16 ¹ / ₈	16 ¹ / ₂	16 ⁷ / ₈	17 ³ / ₈	17 ³ / ₄	18 ¹ / ₈	18 ¹ / ₂
Arm Length	cm	63	64	65	66	67	68	69	70	71	72
	inch	24 ³ / ₄	25 ¹ / ₄	25 ⁵ / ₈	26	26 ³ / ₈	26 ³ / ₄	27 ¹ / ₈	27 ⁵ / ₈	28	28 ³ / ₈

Men's Size Chart

Short Sizes		22	23	24	25	26	27	28	29	30	31
Height	cm	162	165	168	171	174	176	178	180	182	184
	inch	5'4"	5'5"	5'6"	5'7"	5'9"	5'9"	5'10"	5'11"	5'12"	6'0"
Chest	cm	88	92	96	100	104	108	112	116	120	124
	inch	34 $\frac{5}{8}$	36 $\frac{1}{4}$	37 $\frac{3}{4}$	39 $\frac{3}{8}$	41	42 $\frac{1}{2}$	44 $\frac{1}{8}$	45 $\frac{5}{8}$	47 $\frac{1}{4}$	48 $\frac{3}{4}$
Waist	cm	80	84	88	92	96	100	106	112	118	124
	inch	31 $\frac{1}{2}$	33 $\frac{1}{8}$	34 $\frac{5}{8}$	36 $\frac{1}{4}$	37 $\frac{3}{4}$	39 $\frac{3}{8}$	41 $\frac{3}{4}$	44 $\frac{1}{8}$	46 $\frac{1}{2}$	48 $\frac{3}{4}$
Hip	cm	92	96	100	104	108	112	118	122	126	130
	inch	36 $\frac{1}{4}$	37 $\frac{3}{4}$	39 $\frac{3}{8}$	41	42 $\frac{1}{2}$	44 $\frac{1}{8}$	46 $\frac{1}{2}$	48	49 $\frac{5}{8}$	51 $\frac{1}{4}$
Neck	cm	38	39	40	41	42	43	44	45	46	47
	inch	15	15 $\frac{3}{8}$	15 $\frac{3}{4}$	16 $\frac{1}{8}$	16 $\frac{1}{2}$	16 $\frac{7}{8}$	17 $\frac{3}{8}$	17 $\frac{3}{4}$	18 $\frac{1}{8}$	18 $\frac{1}{2}$
Arm Length	cm	59	60	61	62	63	64	65	66	67	68
	inch	23 $\frac{1}{4}$	23 $\frac{5}{8}$	24	24 $\frac{3}{8}$	24 $\frac{3}{4}$	25 $\frac{1}{4}$	25 $\frac{5}{8}$	26	26 $\frac{3}{8}$	26 $\frac{3}{4}$