



MEN'S TOPS

	S	M	L	XL	XXL	XXXL
European	48	50	52	54	56	58
Chest in cm	86-91	94-99	102-107	109-114	117-122	86-91
Chest in inches	34-36	37-39	40-42	43-45	46-48	34-36

MEN'S BOTTOMS

	30	32	34	36	38	40
European	46	48	50	52	54	56
Waist in cm	77-80	82-85	87-90	92-95	97-100	102-105
Waist in inches	30-31	32-33	34-35	36-37	38-39	40-41
Hips in cm	90-92	95-97	100-102	105-107	110-113	115-118
Hips in inches	35-36	37-38	39-40	41-42	43-44	45-46

Chest:

Wrap the tape measure around the fullest part of your chest and shoulder blades, then drop your arms to your side to measure

Waist:

Keeping the tape flush against your body, measure around your natural waistline. Be careful not to squeeze too tight.

Hips:

With your feet shoulder width apart, measure around the fullest part of your hips to ensure you will have enough room to move comfortably.

