

## Sizing Guides



# SIZE GUIDE

### MEN'S SIZE CHART

	SLEEVES	CHEST	WAIST
XS	32-35¼"	39-42"	39-42"
S	32½-36"	42-45"	42-45"
M	32½-36"	45-48"	45-48"
L	33½-37½"	48-51"	48-51"
XL	34-38¼"	51-54"	51-54"
2XL	34½-39"	54-57"	54-57"
3XL	35-39¾"	58-61"	58-61"
4XL	35½-40½"	62-65"	62-65"

### MEASURING TIPS

TO ASSURE THE BEST FIT

**SLEEVES:** With arm bent and hand on hip, place tape measure at the base of your neck and follow along the top shoulder and arm to the wrist.

**CHEST:** With arms at sides, place tape measure under your arms and run it around the fullest part of the chest and across your shoulder blades.

**WAIST:** Find the natural crease of your waist by bending to one side. Run tape measure around your natural waistline, keeping one finger between the tape and your body for a comfortable fit.



## SIZE GUIDE

### WOMAN'S SIZE CHART

	SIZE	CHEST	WAIST
XS	0-2	37-39"	34-37"
S	4-6	39-41"	37-39"
M	8-10	41-43"	39-42"
L	10-12	45-47"	43-45"
XL	12 -14	48-50"	46-48"
2XL	16 -18	50-51"	48-50"
3XL	20 -22	53-56"	52-54"
4XL	24	58-60"	56-60"

### MEASURING TIPS TO ASSURE THE BEST FIT

**CHEST:** With arms at sides, place tape measure under your arms and run it around the fullest part of the chest and across your shoulder blades.

**WAIST:** Find the natural crease of your waist by bending to one side. Run tape measure around your natural waistline, keeping one finger between the tape and your body for a comfortable fit.