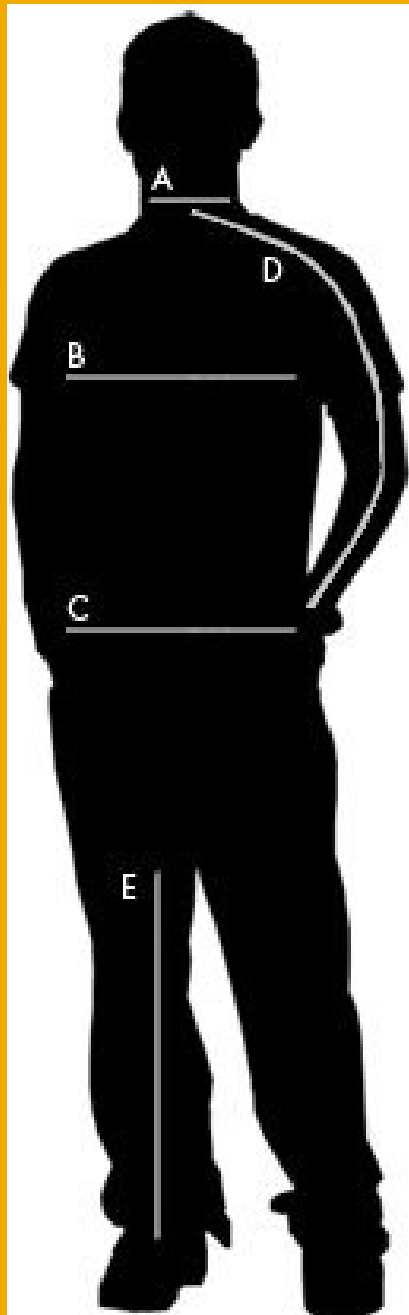


# KNOWING YOUR MEASUREMENTS: MEN



## A: Neck

Measure around the base of your neck. Keep the tape loose.

## B: Chest

With your arms relaxed at your side, measure around the fullest part of your chest.

## C: Waist

Measure around your natural waistline. Keep the tape a bit loose.

## D: Sleeve

With your elbow slightly bent, measure from the center of your neck, over your elbow and down your wrist.

## E: Inseam

Measure from the top of your inner thigh down to the bottom of your ankle.

	Neck	Chest	Waist	Sleeve
<b>XS</b>			29	
<b>S</b>	14½-15	37-38	30	32½-33
			31	
<b>M</b>	15½-16	39-41	32	33½-34
			33	
			34	
<b>L</b>	16½-17	43-45	35	34½-35
			36	
			37	
			38	
<b>XL</b>	17½-18	47-49	40	35½-36
			42	
<b>XXL</b>	18½-19	51-53	44	36½-37
			46	
<b>3XL</b>	19-19½	55-57	50	37½-38
			52	
<b>4XL</b>	20-20½	58-60	54	37½-38
			56	
<b>5XL</b>	21-22	62-64	58	37½-38
			60	
<b>6XL</b>	23-24	66-68	62	37½-38
			64	

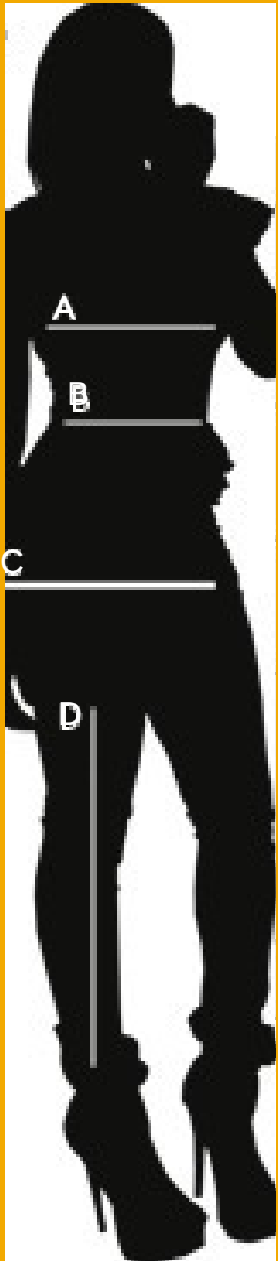


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# KNOWING YOUR MEASUREMENTS: WOMEN



## A: Chest

With your arms relaxed at your side, measure around the fullest part of your chest.

## B: Waist

Measure around your natural waistline. Keep the tape a bit loose.

## C: Hips

Measure around the fullest part of your body, typically 7"-9" below your natural waist, keeping the tape a bit loose.

## D: Inseam

Measure from the top of your inner thigh down to the bottom of your ankle.

	Sizes	Bust	Waist	Hips
<b>XS</b>	00	30	22	32
	0	31	23	33
	1/2	32	24	34
<b>S</b>	3/4	33	25	35
	5/6	34	26	36
<b>M</b>	7/8	35	27	37
	9/10	36	28	38
<b>L</b>	11/12	37.5	29.5	39.5
	13/14	39	31	41
<b>XL</b>	15/16	41	33	43
	17/18	43	35	45
<b>2XL</b>	19/20	45	37	47



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