

	XS	S		M		L		XL		2XL		3XL		4XL	
Size	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
Chest	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
Waist	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54
Hip	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60

*Select size by chest measurement

Measuring Directions

Chest: Over a shirt, measure around the chest 1" under the arms, across the shoulder blades. If stomach measures larger than the chest - choose the larger size.

Waist: Over a shirt, measure around the waist at the level you normally wear your pants.

Hip: Standing with feet together, measure around the fullest part of your hips, parallel to the floor.