



1. **Chest** – Measure total circumference of your chest at the fullest part, just under armpit.
2. **Waist** – Measure total circumference at the narrowest point around waistline.
3. **Hip** – Measure total circumference at the widest part of your body below the waistline.
4. **Sleeve Length** – With your elbow slightly bent, measure from the base of the neck, across your shoulder, to elbow and finish at wrist bone.

MEN'S BODY MEASUREMENTS

SIZE		XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
CHEST	Imperial	32-35	35-38	38-41	41-44	44-47	47-50	50-53	53-56	56-59	59-64
	Metric	81-89	89-96.5	96.5-104	104-112	112-119.5	119.5-127	127-134.5	134.5-142	142-150	150-163
WAIST	Imperial	26-29	29-32	32-34.5	34.5-38.5	38.5-42.5	42.5-46.5	46.5-50.5	50.5-54.5	54.5-58.5	58.5-62.5
	Metric	66-73.5	73.5-81	81-87.5	87.5-98	98-108	108-118	118-128	128-138.5	138.5-148.5	148.5-159
HIPS	Imperial	31-34	34-37	37-40	40-43	43-45	45-47.5	47.5-50	50-52.5	52.5-55	55-57.5
	Metric	79-86	86-94	94-101.5	101.5-109	109-114	114-120.5	120.5-127	127-133	133-140	140-146
SLEEVE LENGTH	Imperial	32-33	33-35	33.5-35.5	34.5-36.5	35.5-37.5	36-38	36.5-38.5	36.75-38.75	37-39	37-39
	Metric	81.5-84	84-90	85-90	87.5-93	90-95.5	91.5-96.5	93-98	93.5-98.5	94-99	94-99
INSEAM	Imperial	30.5	31.5	31.5	32.5	32.5	33	33	33	33	33
	Metric	77.5	80	80	82.5	82.5	84	84	84	84	84