

## HOW TO MEASURE

**WAIST:** Measure around your natural waistline—right above your hips. Be careful not to squeeze too tight to allow a little give.

**HIPS:** With your feet together, measure around the fullest part of your hips to ensure you'll have enough room to move comfortably.

## SIZE CHART

	CHEST (in)	WAIST (in)	HIP (in)
XS	30 - 32	26.5 - 27.5	32 - 33
S	34 - 36	28 - 29	34 - 35.5
M	38 - 40	30 - 32	37 - 38.5
L	42 - 44	34 - 36	40 - 42.5
XL	46 - 48	38 - 40	44 - 46
XXL	50 - 52	42 - 44	48 - 50
3XL	52 - 54	44 - 46	52 - 54
4XL	54 - 56	46 - 48	56 - 58
5XL	56 - 58	48 - 50	60 - 62



## SIZE CHART

	CHEST (cm)	WAIST (cm)	HIP (cm)
XS	76 - 81	67 - 70	81 - 84
S	86.4 - 91.4	71.1 - 73.7	86 - 90
M	96.5 - 101.6	76.2 - 81.3	94 - 98
L	106.7 - 111.8	86.4 - 91.4	102 - 107
XL	116.8 - 121.9	96.5 - 101.6	112 - 117
XXL	127 - 132.1	106.7 - 111.8	122 - 127
3XL	132.1 - 137.2	111.8 - 116.8	132 - 137
4XL	137.2 - 142.2	116.8 - 121.9	142 - 147
5XL	142.2 - 147.3	121.9 - 127	152 - 157

Measurements are desired standards, some variability may occur.