

Men's Tops



	CHEST (in)	WAIST (in)
XS	30-32	26½-27½
SM	34-36	28½-30
MD	38-40	31½-33½
LG	42-44	35-37
XL	46-48	39-41
XXL	50-52	43-45½
3XL	54-56	47½-50
4XL	58-60	52-54½
5XL	62-64	56½-59

[View In Centimeters](#)

How To Measure

CHEST: Place the tape measure under your arms at the fullest part of your chest, wrap around your body until your fingers meet and mark the measurement.

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

Men's Bottoms



	US SIZES	WAIST (in)	HIP (in)
XS	26-27	26½-27½	32-33
SM	28-29	28½-30	34-35½
MD	30-32	31½-33½	37-38½
LG	34-36	35-37	40-42
XL	38-40	39-41	44-46
XXL	42-44	43-45½	48-50
3XL	46-48	47½-50	52-54
4XL	50-52	52-54½	56-58
5XL	54-56	56½-59	60-62

[View In Centimeters](#)

How To Measure

WAIST: Measure around your natural waistline—right where your hips start. 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.