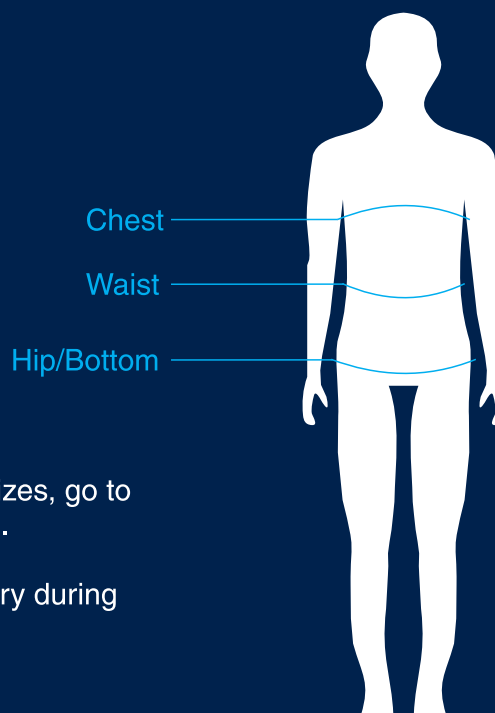


# MEN'S size chart



If the body measurement is on the borderline between two sizes, go to the lower size for a tighter fit or the higher size for a looser fit.

This chart is a rough guide as girls and boys growth rates vary during this age period.

**Measurement Guidelines** \*We recommend another person to take an individuals measurements to ensure accuracy.

**Chest:** Ask the individual to stretch arms out horizontally to enable the tape to be placed around the fullest part of the chest and ensure it goes horizontally across the back of the body and across the shoulder blades. To take the measurement, ask the individual to now relax the arms at the side of the body - keep the tape horizontal and taut (not tight, just firm) to take the measurement.

**Waist:** Measure around the narrowest part of the waist - if the individual bends from side to side this is the waist, keep the tape horizontal and taut (not tight, just firm) to take the measurement.

**Hip (Bottom):** Ask the individual to stand with feet together, measure around the widest part of buttocks, keep the tape horizontal and taut (not tight, just firm) to take the measurement.

## MEN'S SIZE CHART - body measurements (cm)

SIZES	CHEST	WAIST	HIP
XS	87-92	72-77	89-94
S	92-97	77-82	94-99
M	97-102	82-87	99-104
L	102-107	87-92	104-109
XL	107-114	92-99	109-116
2XL	114-121	99-106	116-123
3XL	121-128	106-113	123-130
4XL	128-135	113-120	130-137
5XL	135-142	120-127	137-144