

Men's Standard Sizing

Size	XS	S	M	L	XL	2XL	3XL
US	32-34	36-38	40-42	44-46	48	50-52	54-56
Chest (Inch)	30-32	34-36	38-40	42-44	46-48	50-52	54-56
Waist (Inch)	24-26	28-30	32-34	36-38	40-42	44-46	48-50
Arms (Inch)	28-30	32-33	33-34	34-35	35-36	36-37	37-38
Inseam (Inch)	29	30	31	32	33	33	33

With your arms at your sides, measure around the fullest part of your chest. Measure your waist where you normally wear your pants. Measure your arms from the central of the collar (back of the neck) to your wrist.

Ladies Standard Sizing

Size	XS	S	M	L	XL	2XL	3XL
US	4	6-8	10-12	14-16	18-20	22-24	26-28
Bust (Inch)	33.5	34-35.5	36-38	39-41	43-45	45-47	47-48
Waist (Inch)	24.5	25-26.5	27-29	30-32	34-36	38-40	42-44
Arms (Inch)	30-32	31	32	33	34	35	36
Hips (Inch)	32-34	35-36	37-39	40-43	43-47	47-50	51-54
Inseam (Inch)	28	29	30	30.5	30.5	30.5	31

Measure your bust under your arms around the fullest part of your chest. Please note this measurement is usually larger than your bra size. Measure your waist around your natural waistline, keeping the tape comfortably loose. Measure your hips around the fullest part of your hips, about 8" below your waistline. Measure your arms from the center of the collar (back of the neck) to your wrist.