

MEN'S SHIRTS & TOPS SIZING

Inches	cm
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Product label	XS	S	M	L	XL	2XL	3XL
Chest	32 1/2 - 34"	34 1/2 - 36"	36 1/2 - 39"	39 1/2 - 42 1/2"	43 - 46 1/2"	47 - 51"	51 1/2 - 56"
Waist	27 1/2 - 29"	29 1/2 - 31 1/2"	32 - 34 1/2"	35 - 38"	38 1/2 - 42"	42 1/2 - 47"	47 1/2 - 52"
Hip	32 - 33 1/2"	34 - 36"	36 1/2 - 39"	39 1/2 - 42"	42 1/2 - 45 1/2"	46 - 49"	49 1/2 - 53"

Inches	cm
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Product label	XS	S	M	L	XL	2XL	3XL
Chest	83 - 86 cm	87 - 92 cm	93 - 100 cm	101 - 108 cm	109 - 118 cm	119 - 130 cm	131 - 142 cm
Waist	71 - 74 cm	75 - 80 cm	81 - 88 cm	89 - 96 cm	97 - 106 cm	107 - 119 cm	120 - 132 cm
Hip	82 - 85 cm	86 - 91 cm	92 - 99 cm	100 - 107 cm	108 - 116 cm	117 - 125 cm	126 - 135 cm

Hold the tape horizontally to measure:

- 1. **Chest**, around the widest part
- 2. **Waist**, around the narrowest part
- 3. **Hip**, around the widest part, keeping the feet close together

Hold the tape vertically to measure:

- 4. **Inseam**, from the crotch to the floor
- 5. **Height**, from the top of the head to the floor, keeping a straight posture

