

	Chest Size (inches)	Waist (inches)	Neck (inches)	Sleeve (inches)
S	34 - 36	28 - 30	14 - 14.5	32.5 - 33
M	38 - 40	32 - 34	15 - 15.5	33.5 - 34
L	42 - 44	36 - 38	16 - 16.5	34.5 - 35
XL	46 - 48	40 - 42	17 - 17.5	35 - 35.5
2XL	50 - 52	44 - 46	18 - 18.5	35.5 - 36
3XL	54 - 56	48 - 50	19 - 19.5	36 - 36.5
4XL	58 - 60	52 - 54	20 - 20.5	36.5 - 37

WHERE TO MEASURE

NECK

Measure around the base of your neck, inserting your forefinger between the tape and your neck to allow ease in fit.

CHEST

Measure around the fullest part of your chest, keeping tape firmly under your armpits and around your shoulder blades.

WAIST

Measure around your waist, slightly below your natural waist, where you normally wear your pants. Insert your forefinger between the tape and your body to allow ease in fit.

