



- A. Chest Circumference
(measure chest circumference under armpits, over pecs)
- B. Waist Circumference
(measure the narrow point of your waist, above your belt line)
- C. Hip Circumference
(measure widest point below belt line)

XSmall	Small	Medium	Large	XLarge	XXLarge
36"	38"	40"	42"	44"	46"
30"	32"	34"	36"	38"	40"
36"	38"	40"	42"	44"	46"