

SIZE & FIT

Men's Body Measurement Chart

ALPHA	XS	N/A	N/A	S	N/A	N/A	N/A	M	N/A	N/A	L	N/A	XL	N/A	2XL	N/A	3XL	N/A	4XL	N/A	5XL	N/A	6XL
NUMERIC	26	28	29	30	31	32	33	34	35	36	38	40	42	44	46	48	50	52	54	56	58	60	62
CHEST	32	N/A	N/A	36	N/A	N/A	N/A	40	N/A	N/A	44	N/A	48	N/A	52	N/A	56	N/A	60	N/A	64	N/A	68
WAIST	26½	28½	29½	30½	31½	32½	33½	34½	35½	36½	38½	40½	42½	44½	46½	48½	50½	52½	54½	56½	58½	60½	62½
LOW HIP	31½	33½	34½	35½	36½	37½	38½	39½	40½	41½	42½	44½	46	47½	49½	50½	52½	54½	55½	57½	58½	60½	62

Note: Measurements are in inches

HEIGHT	GARMENT LENGTH	INSEAM
5' 3" to 5' 6"	Short	28" - 30"
5' 7" to 5' 11"	Regular	32"
6' to 6' 3"	Tall	34" - 36"

How to Measure



- CHEST:**
Measure just under arms and across shoulder blades holding the tape firm and level. If your chest falls between sizes, order the next size up.
- NATURAL WAIST:**
Bend side to side and find the natural bend in your body; this is your natural waist. Note: It may not be the smallest point.
- HIPS:**
Measure the fullest point between your natural waist and crotch.

Fits



Note: For best results measure over your undergarments. Use a cloth measuring tape.

Conversion Charts

TOPS

WOMEN'S	XS	S	M	L	XL	2XL	3XL
MEN'S	XS-S	S	S-M	M	L	XL-2XL	3XL

BOTTOMS

WOMEN'S	2	4	6	8	10	12	14	16	18	20	22	24	26
MEN'S	30	31	32	33	34	38	40	42	44-46	48	50	52-54	56

Note: Measurements are in inches