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NECK	131/2-14"	14-14½"	15-15½"	16-161/2"	17-17½"	18-18½"
CHEST	36-38"	38-40"	40-42"	42-44"	44-46"	46-48"
SLEEVE	321/2*	33½*	341/2*	351/2"	361/2"	37½′
WAIST	28-30"	30-32"	32-34"	36-38"	40-42"	42-44"

## Measuring Tips for Men

Weight	Your weight in pounds on an average day.
Neck	Wrap the tape measure around the middle of your neck, over the Adam's apple, keeping it a bit loose for comfort.
Chest	Wrap the tape measure around the circumference of your chest at the widest point. Stand in a relaxed posture and breathe out.
Walst	Measure around your natural waistline, keeping the tape comfortably loose.
Hip	Measure around the fullest part of your body at the top of your leg.
Inseam	Lay a pair of pants that fit you well flat and measure the inside seam from crotch to hem.
Sleeve	With forearm parallel to chest, measure from back center of neck around the elbow to the wrist bone.