

# Men's Tops

	CHEST (in)	WAIST (in)
<b>XS</b>	30-32	26½-27½
<b>SM</b>	34-36	28½-30
<b>MD</b>	38-40	31½-33½
<b>LG</b>	42-44	35-37
<b>XL</b>	46-48	39-41
<b>XXL</b>	50-52	43-45½
<b>3XL</b>	54-56	47½-50
<b>4XL</b>	58-60	52-54½
<b>5XL</b>	62-64	56½-59

	CHEST (cm)	WAIST (cm)
<b>XS</b>	76-81	67-70
<b>SM</b>	86-92	72-76
<b>MD</b>	96-102	80-85
<b>LG</b>	106-112	89-94
<b>XL</b>	116-122	99-104
<b>XXL</b>	127-132	109-116
<b>3XL</b>	137-142	121-127
<b>4XL</b>	147-153	132-138
<b>5XL</b>	157-163	144-150

## How To Measure

**CHEST:** Place the tape measure under your arms at the fullest part of your chest, wrap around your body until your fingers meet and mark the measurement.

**WAIST:** Measure around your natural waistline—right above your hips. Be careful not to squeeze too tight to allow a little give.

