

[Inches](#)

Centimeters

Size	Chest (in)	Hips (in)	Arm Length (in)
S	36-38"	35-37"	33.5"
M	39-41"	38-40"	34"
L	42-44"	41-43"	34.8"
XL	45-48"	44-46"	35.5"
2XL	49-52"	47-49"	36.3"

Inches

[Centimeters](#)

Size	Chest (cm)	Hips (cm)	Arm Length (cm)
S	91.44-96.52cm	88.90-93.98cm	85.09cm
M	99.06-104.14cm	96.52-101.60cm	86.36cm
L	106.68-111.76cm	104.14-109.22cm	88.39cm
XL	114.30-121.92cm	111.76-116.84cm	90.17cm
2XL	124.46-132.08cm	119.38-124.46cm	92.20cm

## HOW TO MEASURE

**Chest:** Measure around the widest part of your chest, keeping the measuring tape horizontal.

**Hips:** Measure around the widest part of your hips.

**Sleeve Length:** Measure from the middle of the base of your neck to your wrist.