

TOPS		BOY'S				MEN'S
GARMENT SIZE	6	8	10	12	14	XS
IDEAL CHEST CIRCUMFERENCE ON BODY (INCHES)	27"	29"	31"	33"	35"	37"
IDEAL CHEST CIRCUMFERENCE ON BODY (CM)	68cm	74cm	79cm	84cm	89cm	95cm
CHEST CIRCUMFERENCE ON BODY (INCHES)	26"- 28"	28"- 30"	30"- 32"	32"- 34"	34"- 36"	36"- 38"
CHEST CIRCUMFERENCE ON BODY (CM)	66 - 71cm	71 - 76cm	76 - 81cm	81 - 86cm	86 - 91cm	91 - 96cm

The above measurements are a guide only. To use this sizing chart, the chest measurement must be taken on the body

MEN'S SHORTS/PANTS

GARMENT SIZE	30/XS	32/S	34/M	36/L	38/XL	40/2XL
IDEAL WAIST CIRCUMFERENCE ON BODY (CM)	82cm	87cm	92cm	97cm	102cm	107cm
WAIST CIRCUMFERENCE ON BODY (CM)	80- 85cm	85- 90cm	90- 95cm	95-100cm	100-105cm	105-110cm

The above measurements are a guide only. We all wear our shorts at different heights so measure around where your shorts sit and choose one size larger than your above corresponding size.

LADIES TOPS

GARMENT SIZE	6	8	10	12	14	16
IDEAL CHEST CIRCUMFERENCE ON BODY (INCHES)	31"	33"	35"	37"	39"	41"
IDEAL CHEST CIRCUMFERENCE ON BODY (CM)	79cm	84cm	89cm	94cm	99cm	104cm
CHEST CIRCUMFERENCE ON BODY (INCHES)	30"- 32"	32"- 34"	34"- 36"	36"- 38"	38"- 40"	40"- 42"
CHEST CIRCUMFERENCE ON BODY (CM)	76- 81cm	81- 86cm	86- 91cm	91 - 96cm	96-101cm	101- 106cm

The above measurements are a guide only. To use this sizing chart, the chest measurement must be taken on the body

S	M	L	XL	2XL	3XL	4XL
39"	41"	43"	45"	47"	49"	51"
100cm	105cm	110cm	115cm	120cm	125cm	130cm
38"- 40"	40"- 42"	42"- 44"	44"- 46"	46"- 48"	48"- 50"	50"- 52"
96 - 102cm	102 - 107cm	107- 112cm	112 - 117cm	117 - 122cm	122 - 127cm	127 - 132cm

42/3XL	44/4XL	46/5XL	48/6XL	50/7XL
112cm	117cm	122cm	127cm	132cm
110-115cm	115-120cm	120-125cm	125-130cm	130-135cm

shorts are usually worn. If you have extra muscular thighs we recommend choosing

18	20	22	24
43"	45"	47"	49"
109cm	114cm	119cm	124cm
42"- 44"	44"- 46"	46"- 48"	48"- 50"
106-111cm	111- 116cm	116- 121cm	121- 126cm

5XL	7XL
53"	56"
135cm	142cm
52" - 54"	54" - 58"
132 - 137cm	137 - 147cm