

MEN'S

To determine your size, follow these simple instructions:

Neck - Measure around the base of the neck.

Chest - Measure at the fullest part of the chest, under the armpits and over the shoulder blades, keeping the tape measure firm and level.

Sleeve - Bend elbow slightly. Measure from center back of neck across shoulder, over the slightly bent elbow, and down to the wrist.

Waist - Measure around the narrowest part of your waist.

	XS	SM	MD	LG	XL	2XL	3XL	4XL	5XL
Neck	15	15.5	16	16.5	17.5	18.5	19.5	20.5	21.5
Chest	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64
Sleeve	31.5	32.5	33.5	34.5	35.5	36.5	37.5	38.5	39.5
Waist	26-28	29-31	32-35	36-39	40-43	44-47	48-51	52-55	56-59

WOMEN'S

To determine your size, follow these simple instructions:

Bust/Chest - Measure around the chest at the fullest point of the bust.

Waist - Measure around the narrowest part of your waist.

Hip/Seat - Measure around the fullest point of your seat while standing.

	XS	SM	MD	LG	XL	2XL	3XL
Size	0-2	4-6	8-10	12-14	16-18	20-22	24-26
Bust	32-33	34-35	36-37.5	38.5-40.5	41.5-44.5	46-48.5	50-52.5
Waist	24-25	26-27	28-29.5	30.5-32.5	34-36.5	38.5-40.5	42.5-44.5
Hip	34-35	36-37	38-39	40.5-42.5	44-46.5	48-50.5	52-54.5