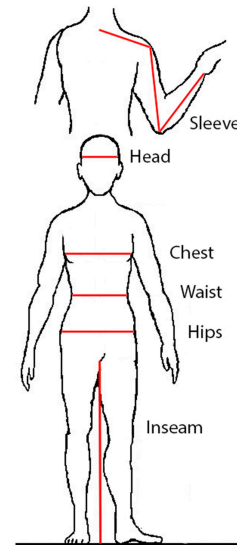


	Chest	Waist
S	34-39	29-35
M	40-43	32-38
L	44-50	36-42
XL	51-54	42-49
2X	54-56	50-54



Tips for Measuring (Men)

Head: Measure horizontally around the largest part of your head, above the brow.

Chest: Measure just under arms and across shoulder blades holding tape firm and level, all the way around your body.

Waist: Measure the circumference of your waist. Use the tape to circle your waist (sort of like a belt would) at your natural waistline, which is located above your belly button and below your rib cage. (If you bend to the side, the crease that forms, is your natural waistline.) Don't suck in your stomach, or you'll get a false measurement.

Hips: Measure the circumference of your hips. Start at one hip and wrap the tape measure around your rear, around the other hip, and back to where you started. Make sure the tape is over the largest part of your buttocks. Because making sure the tape is level back there can be hard, try to do it in front of a mirror.