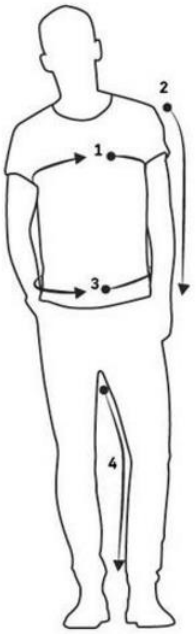


TOPS

1. CHEST

Place the tape measure under your armpits and measure across the chest at its greatest point. Don't forget to keep the tape horizontal.

2. SLEEVE

Measure from the outer edge of your shoulder, down over the elbow and on to the wrist bone.

JEANS & TROUSERS

3. WAIST

Measure around your waist where your trousers or jeans usually sit.

4. INSIDE LEG

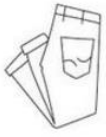
Measure from the crotch, where the inside of your leg begins and down to your ankle.

TOPS

	XS	S	M	L	XL	XXL
CHEST	92	96	100	104	112	120
SLEEVE	62	62.2	62.3	62.5	63	63.5

PANTS & TROUSERS

	XS	S	M	L	XL	XXL
WAIST	76	81	86	91	96	101
INSIDE LEG	78	79	80	81	82	83



JEANS

	28	29	30	31	32	33	34	36	38	40
WAIST	76	78.6	81	83.5	86	88.5	91	96	101	106
INSIDE LEG 30"	76	76	76	76	76	76	76	76	76	76
INSIDE LEG 32"	81	81	81	81	81	81	81	81	81	81
INSIDE LEG 34"	86	86	86	86	86	86	86	86	86	86
INSIDE LEG 36"	91	91	91	91	91	91	91	91	91	91
INSIDE LEG 38"	96	96	96	96	96	96	96	96	96	96