



F4WORK Men's Apparel Sizing

HOW TO MEASURE

- **Chest:** Relax arms at sides, keep tape parallel to the floor. Measure the fullest part.
- **Waist:** Relax arms at sides, keep tape parallel to the floor. Measure right below the navel/belly button.
- **Between Sizes:** Pick the larger size.

MEN'S LENGTHS	Short	Regular	Long
Height	5'6" - 5'8"	5'8" - 6'	6'+
Inseam	30"	32"	34"

MEN'S SIZING CHART AND COUNTRY CONVERSIONS

US Size	S	M	L	XL	2X	3X	4X							
Shirt Measurements (Inches) and Sizes														
Chest	33-34	35-37	38-39	39-40	41-42	42-43	44-45	45-46	47-48	48-49	50-52	52-54	54-56	56-58
Waist	29-30	30-31	31-32	32-33	33-34	34-36	36-37	38-39	40-42	42-44	44-46	46-50	50-54	54-58
US/UK	34	36	38	40	42	44	46	48	50	52	54	56	58	60
Europe	44	46	48	50	52	54	56	58	60	62	64	66	68	70
Trouser Measurements (Inches) and Sizes														
Waist	29.5-31	31-32	32.5-33	33.5-34.5	35-36	36.5-37.5	38-40	40-42.5	43-44	44-46	46-48	48-50	50-52	52-54
US	30	32	33	34	36	38	40	42	44	46	48	50	52	54
UK	30	30	32	32	34	34	38	38	42	42	46	46	50	50
Euro	27	29	30	32	33	35	36	36	37	37	38	38	39	39
French	42	42	44	44	46	46	48	48	50	50	52	52	54	54
Italian	46	46	48	48	50	50	52	52	54	54	56	56	58	58