



Men's Tops [Inches]

Size [UK]	Chest	Waist
XS	30 - 32	26.5 - 27.5
S	34 - 36	28 - 29
M	38 - 40	30 - 32
L	42 - 44	34 - 36
XL	46 - 48	38 - 40
XXL	50 - 52	42 - 44

Men's Bottoms [Inches]

Size [UK]	Waist	Hip
XS	26.5 - 27.5	32 - 33
S	28 - 29	34 - 35.5
M	30 - 32	37 - 38.5
L	34 - 36	40 - 42.5
XL	38 - 40	44 - 46
XXL	42 - 44	48 - 50



Women's Tops [Inches]

Size [UK]	Waist (in)	Hip (in)
XS	31 - 33	23 - 25
S	33.5 - 35.5	25.5 - 27.5
M	36 - 38	28 - 30
L	38.5 - 40.5	30.5 - 32.5
XL	41 - 43	33 - 35
XXL	44 - 46	36 - 38

Women's Bottoms [Inches]

Size [UK]	Waist (in)	Hip (in)
XS	23 - 25	33 - 35
S	25.5 - 27.5	35.5 - 37.5
M	28 - 30	38 - 40
L	30.5 - 32.5	40.5 - 42.5
XL	33 - 35	43 - 45
XXL	36 - 38	46 - 48



Men's Tops



CHEST	Place the tape measure under your arms at the fullest part of your chest, wrap around your body until your fingers meet and mark the measurement
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WAIST	Measure around your natural waistline—right above your hips. Be careful not to squeeze too tight to allow a little give.
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Men's Bottoms



WAIST	Measure around your natural waistline—right above your hips. Be careful not to squeeze too tight to allow a little give.
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HIPS	With your feet together, measure around the fullest part of your hips to ensure you'll have enough room to move comfortably.
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Women's Tops



BUST	Place the tape measure under your arms at the fullest part of your chest, wrap around your body until your fingers meet and mark the measurement.
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WAIST	Measure around your natural waistline—right above your hips. Be careful not to squeeze too tight to allow a little give.
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Women's Bottoms



WAIST	Measure around your natural waistline—right above your hips. Be careful not to squeeze too tight to allow a little give.
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HIPS	With your feet together, measure around the fullest part of your hips to ensure you'll have enough room to move comfortably.
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