



# SIZE CHART

All measurements are in inches. The measurements provided refer to body size, not to garment dimensions. Size up if you are between measurements - or size down if you prefer a tighter fit. Refer to the Measurement Guide for instructions on how to find your measurements.

## Men's Alpha Sizing Information (inches)

	XS	S	M	L	XL	2XL	3XL
CHEST	30-33	33-37	37-41	41-45	45-49	49-53	53-58
WAIST	25-27	27-31	31-35	35-39	39-45	45-51	51-57
HIP	32-34	34-37	37-40	40-44	44-48	48-52	52-57
THIGH	19-20	20-21	21-23	23-25	25-27	27-29	29-32

Inseam Lengths	
SHORT	30
REG	32
LONG	34

**\*Tip: Length Sizing for Tops**

**Long** Massif tops generally feature an extra 1" of length than a **Regular** at the bottom hem and an extra 1.5" of sleeve length.

**Short** tops are generally 1" shorter than a **Regular** at the bottom hem and 1.5" shorter on the sleeve.

**What that means to you:** In general, if your sleeves are around your knuckles when your arms are down, or if you are constantly pushing your sleeves up, consider a **Short**. If you are sitting on your jacket when you sit down, that is also a good time to consider a **Short**. If your sleeves tend to sit above your wrists when your arms are down, consider a **Long**. When you raise your arms above your head if your stomach is showing, you should also consider a **Long**.

**Please note:** Since body proportions vary from person to person, and it is not unusual for someone to need a different length top than they need in a pants. In other words, if you require a top in **Long** that does not automatically translate to needing

All measurements are in centimeters. The measurements provided refer to body size, not to garment dimensions. Size up if you are between measurements - or size down if you prefer a tighter fit. Refer to the Measurement Guide for instructions on how to find your measurements.

## Men's Alpha Sizing Information (centimeters)

	XS	S	M	L	XL	2XL	3XL
CHEST	76-84	84-94	94-104	104-114	114-124	124-135	135-147
WAIST	63-69	69-79	79-89	89-99	99-114	114-130	130-145
HIP	81-86	86-94	94-102	102-112	112-122	122-132	132-145
THIGH	48-51	51-54	54-59	59-64	64-69	69-74	74-82

Inseam Lengths	
SHORT	76
REG	81
LONG	86

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# MEASUREMENT INSTRUCTIONS

Take your measurements over your basic undergarments normally worn. Stand erect without shoes with your feet shoulder width apart. For circumference measurements, make sure to keep the tape measure parallel to the floor. Determine your measurements following the directions below.

## TIPS FOR ACCURATE MEASUREMENTS:

- For best accuracy, have someone else take your measurements.
- Take your measurements over the undergarments you typically wear.
- Stand straight but relaxed, with feet placed shoulder width apart.
- Take measurements barefoot or in socks.
- Use a flexible cloth measuring tape.
- Make sure the measuring tape is parallel to the floor when you take your measurements.
- When taking inseam measurements, stand straight and look straight ahead. If you look down at your feet, the measurement may come in shorter than it should!

