

MEN'S

SIZE	14	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19	19.5	20	21	22
COLLAR (inches)	14"	14.5"	15"	15.5"	16"	16.5"	17"	17.5"	18"	18.5"	19"	19.5"	20"	21"	22"
COLLAR (cm)	35.5	37	38	39.5	40.5	42	43	44.5	45.5	47	48.5	49.5	51	53.5	56
CHEST (inches)	34"	36"	38"	40"	42"	44"	46"	48"	50"	52"	54"	56"	58"	60"	62"
CHEST (cm)	86.5	91.5	96.5	101.5	106.5	112	117	122	127	132	137	142	147.5	152.5	157.5
WAIST (inches)	28"	30"	32"	34"	36"	38"	40"	42"	44"	46"	48"	50"	52"	54"	56"
WAIST (cm)	71	76	81	86	91	96.5	102	107	112	117	122	127	132	137	142

CHEST The chest measurement is taken as a circumference around your chest at the widest point.
Stand in a relaxed posture and breathe out.

WAIST Measure around your waist (where you normally wear your trousers).
Measure your body not over trousers.

WOMEN'S

SIZE	6	8	10	12	14	16	18	20	22	24	26	28	30
BUST (inches)	30"	32"	34"	36"	38"	40"	42"	44"	46"	48"	50"	52"	54"
BUST (cm)	76	81	86	91	97	102	107	112	117	122	127	132	137
WAIST (inches)	23"	25"	27"	29"	31"	33"	35"	37"	39"	41"	43"	45"	47"
WAIST (cm)	59	64	69	74	79	84	89	94	99	104	109	114	119
HIPS (inches)	32"	34"	36"	38"	40"	42"	44"	46"	48"	50"	52"	54"	56"
HIPS (cm)	81	86	91	96.5	102	107	112	117	122	127	132	137	142

BUST Measure horizontally under the arms at the fullest part around the bust.

WAIST Measure around your waist at the narrowest part. Measure your body, not over a garment.