

# SIZING GUIDE

## UNISEX

Product Label	SMALL	MEDIUM	LARGE	X-LARGE	XX-LARGE
Chest (cm)	87-92cm	93-100cm	101-108cm	109-118cm	119-130cm
Waist	75-80cm	81-88cm	89-96cm	97-106cm	107-119cm
Hip	86-91cm	92-99cm	100-107cm	108-116cm	117-125cm

## How to measure

Hold the tape horizontally to measure:

1. Chest/Bust, around the widest part
2. Waist, around the narrowest part
3. Hip, around the widest part, keeping the feet close together