



Men's Shirts, Tanks, & Vests Size Chart

How to Measure

- (A) Chest:** Measure at the fullest part of the chest, under the armpits and over the shoulder blades, keeping the tape measure firm and level.
- (B) Waist:** Measure around the natural waistline, allowing the tape measure to sit comfortably.
- (C) Sleeves:** Start at the center back of your neck and measure across the shoulder and down to the wrist. Round up to the next even number.

Location
(A) Chest
(B) Waist
(C) Sleeve

Location	(A)		(B)		(C)	
	Chest (in)	Chest (cm)	Waist (in)	Waist (cm)	Sleeve (in)	Sleeve (cm)
Size						
XS	34-36	86.5-91.5	26-28	66-71	32	81.0
SM	37-38	94-96.5	29-30	74-76	33	84.0
MD	39-41	99-104	31-33	79-84	34	86.5
LG	42-44	107-112	34-36	87-92	35	89.0
XL	45-48	115-122	37-40	94-102	36	91.5
2XL	49-52	124.5-132	41-44	104-112	37	94.0
3XL	53-56	134.5-142	45-48	114.5-122	38	96.5

Please note that all measurements are "body measurements" not garment measurements. Please be sure to measure your own arm, chest, etc and compare it to the chart. These charts are to be used as a guide only. It is not an exact conversion and does not guarantee a precise fit.