## HOW TO MEASURE

GUIDE


MEASURE YOURSELF
All measurements are taken directly on the body.

## 1. HEIGHT

Measure from top of the head to bottom of your feet.

## 2. CHEST

Measure around the widest
place of your chest.

> 3. HIP

Measure around the widest
place of your hips.


| MEN | XS | S | M | L | XL | 2XL | 3XL | 4XL | 5XL |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Height |  | 173 | 178 | 183 | 188 | 193 | 194 | 195 | 196 |
| Chest |  | 94 | 100 | 106 | 112 | 118 | 124 | 130 | 136 |
| Hip |  | 95 | 101 | 107 | 113 | 119 | 125 | 131 | 137 |


| WOMEN | XS | S | M | L | XL | 2XL | 3XL | 4XL | 5XL |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Height | 159 | 165 | 171 | 175 | 179 | 183 | 183 | 183 | 183 |
| Chest | 80 | 86 | 92 | 98 | 104 | 110 | 116 | 122 | 128 |
| Hip | 88 | 94 | 100 | 106 | 112 | 118 | 124 | 130 | 136 |

This chart is for reference only. Fit may vary depending on the construction, materials and type of style.
TIP: If your body measurements for chest, waist and height result in different suggested sizes, decide from the size of your chest measurement. If your body measurements is between two sizes, choose the lower size for at tighter fit and the higher size for a more loose fit.

If more fitting advice is needed, feel free to contact your Tee Jays dealer, and their dedicated staff will help you.

