

SIZE	ARM LENGTH	CHEST
XS	32	33-34
S	33	35-37
ST	35	35-37
M	34	38-40
MT	36	38-40
L	35	41-43
LT	37	41-43
XL	36	44-46
XLT	38	44-46
XXL	37	47-49
XXXL	37	51-54

SIZE	ARM LENGTH	CHEST
XS	81.3	83.8-86.4
S	83.8	88.9-94
ST	88.9	88.9-94
M	86.4	96.5-101.6
MT	91.4	96.5-101.6
L	88.9	104.1-109.2
LT	94	104.1-109.2
XL	91.4	111.8-116.8
XLT	96.5	111.8-116.8
XXL	94	119.4-124.5
XXXL	94	129.5-137.2

Measuring Guide



- A. **Arm Length:** With your arms slightly bent, measure the center of your back neck, across your shoulder and down the outside of your arm to the wrist bone.
- B. **Chest:** Place the tape measure under the arms and around the fullest part of your chest.