



MEN'S SHIRT - BODY MEASUREMENTS

Recommended Size	SMALL	MEDIUM	LARGE	X-LARGE	2X-LARGE	3X-LARGE	4X-LARGE	5X-LARGE	6X-LARGE									
Chest Measurement	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68
Waist Measurement	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62
Hip (Seat) Measurement	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68

NOTE: *If your chest and/or waist measurement falls between sizes, buy the larger sizes.*

Differences between Regular & Tall Sizing:

- Tall sizes are 2" longer than Regular sizes.
- Tall long-sleeve lengths are 2" longer than Regular sleeve lengths.
- Tall short-sleeve lengths are 1/2" longer than Regular sleeve lengths.

How to Measure

NOTE: *For best results measure over your undergarments. Use a cloth measuring tape.*

Chest:

Measure just under arms and across shoulder blades holding the tape firm and level. If your chest falls between sizes, order the next size up.

Natural Waist:

Bend side to side and find the natural bend in your body; this is your natural waist. **Note:** It may not be the smallest point.