

# SIZE GUIDE

## MENS

SIZE	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
1. CHEST (cm)	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130	130-135	135-140	140-145
2. WAIST (cm)	70-75	80-85	90-95	100-105	110-115	118-124	125-130	130-136	136-142	142-148	148-154
3. HIPS (cm)	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130	130-135	135-140	140-145

ALL MEASUREMENTS ARE BASED ON ACTUAL BODY MEASUREMENTS. SEE BELOW FOR HOW TO CORRECTLY MEASURE EACH AREA:

*FOR TOPS - USE CHEST AND WAIST MEASUREMENT*

*FOR BOTTOMS - USE WAIST AND HIPS*

1. CHEST = MEASUREMENT TO BE TAKEN AROUND THE WIDEST PART OF YOUR CHEST, WHICH SHOULD BE JUST BELOW THE ARMPITS
2. WAIST = MEASUREMENT TO BE TAKEN AROUND YOUR WAISTLINE, WHICH SHOULD BE CLOSE TO YOUR BELLYBUTTON
3. HIPS = MEASUREMENT TO BE TAKEN AROUND THE WIDEST PART OF YOUR HIPS

**NB: ON-FIELD PRO CUTS ARE DESIGNED TO BE TIGHT FITTING. IF YOU DO NOT WISH TO WEAR THESE PRO GARMENTS THIS WAY THEN IT IS RECOMMENDED TO ORDER THE NEXT SIZE UP FOR THESE.**

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