

Polo Shirt, Long Sleeve

Size	2XS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Chest (cm)	85-89	90-94	95-99	100-104	105-109	110-114	115-119	120-124	125-129	130-134	135-139

How to measure yourself

Neck - Standing, measure your neck at its largest girth, right over the Adam's apple.

Chest - Standing, measure with the breath out just above the nipple.

Waist - Standing, measure at the narrowest point or at the midway point between the top of the hip bone and the bottom of the rib cage, above the belly button.

Inleg - Standing, with legs straight and hip width apart, measure from crotch to floor.

Bust - Measure the fullest part of the bust.

Hips - Measure at the largest girth.

