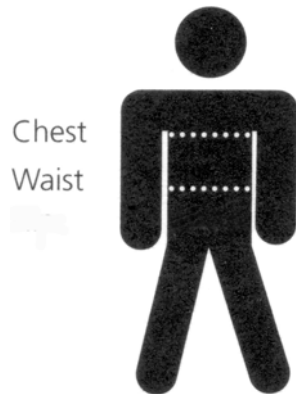


Men's Bamboo Long Sleeve Top (57556)

Body Measurements

MEN'S BODY SIZE GUIDE						
Size to order	S	M	L	XL	XXL	3XL
Chest (cm)	92-97	98-102	103-109	110-117	118-125	126-132
Waist (cm)	81 - 86	87 - 92	93 - 99	100 - 107	108 - 114	115 - 122
Size to order	S	M	L	XL	XXL	XXL
Chest (inches)	36 1/2 - 38	38 1/2 - 40	40 1/2 - 43	43 1/2 - 46	46 1/2 - 49	49 1/2 - 52
Waist (inches)	32 1/2 - 34	34 1/2 - 36	36 1/2 - 39	39 1/2 - 42	42 1/2 - 45	45 1/2 - 48

Tips for successful measuring



- Measure yourself when clothed only in your underwear
- Keep tape measure firm, but not tight
- Chest: measure around the fullest part of the chest, under the arms and across the shoulder blades. If possible get someone else to help, otherwise ensure tape is kept horizontal and don't hold your breath
- Waist: Measure your natural waist around height of navel, keeping the tape measure a bit loose or putting one finger between your body and the tape measure.
Important note: your jeans size is not your waist measurement as jeans are often worn below the waist

Top tip: if you do not own a tape measure, simply mark a piece of non-elastic string with your measurements and then measure the string using a ruler.

Garment Measurements

Garment length – from highest point at shoulder (edge of neck), to hem:

Small: 68.5cm / 27 inches

Medium: 70cm / 27.5 inches

Large: 71cm / 28 inches

XL: 72.5cm / 28.5 inches

XXL: 73.5cm / 29 inches

XXXL: 75cm / 29.5 inches

Sleeve length – from centre back to cuff edge:

Small: 85cm / 33.5 inches

Medium: 85.5cm / 33.75 inches

Large: 86.5cm / 34 inches

XL: 87.5cm / 34.5 inches

XXL: 89cm / 35 inches

XXXL: 89.5cm / 35.25 inches