Men's Size Guide Body measurements below are in inches

Size	Chest	Waist
S	36 - 38	30 - 32
М	38 - 40	32 - 34
L	40 - 42	34 - 36
XL	42 - 44	36 - 38
XXL	44 - 46	38 - 40

How to Measure:

For best results, take measurements over your underwear.

Chest:

Measure under your arms, around the fullest part of your chest.

Waist:

Measure around your natural waistline, keeping the tape a bit loose.