

## Body measurement **MEN** to find your personal clothing size

### Standard Size / Body measurements

International Sizes		XS		S		M		L		XL		2XL		3XL	
size		40	42	44	46	48	50	52	54	56	58	60	62	64	66
men shirts sizes		35	36	37	38	39	40	41	42	43	44	45	46	47	48
1	Height (cm)	170-190													
2	Chest (cm)	80	84	88	92	96	100	104	108	112	116	120	124	128	132
3	Waist (cm)	68	72	76	80	84	88	92	96	100	104	108	112	120	126
4	Neck (cm)	35	36	37	38	39	40	41	42	43	44	45	46	47	48
5	Hip(cm)	88	92	96	100	104	108	112	116	120	124	128	132	136	140
6	Inside length(cm)	75	76	77	79	81	83	84	85	86	87	87	88	88	89

For tops please refer to your chest size.

For bottoms please refer to your waist size.

For business shirts please refer to your neck size.

