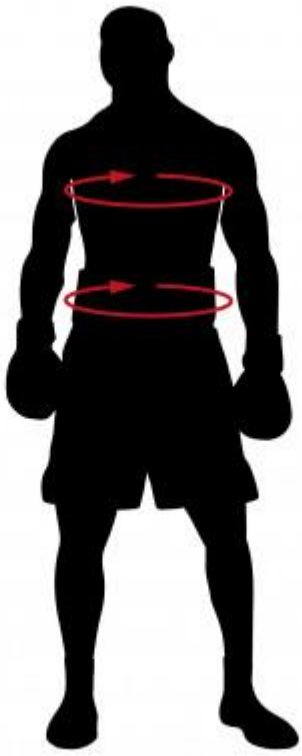
SIZE GUIDE

Measure the **circumference of your chest**, use the size you find to determine your size.

Measure the **circumference of your waist**, use the size you find to determine your size.

If chest and waist refer to two discordant sizes; it is recommended to take the larger size as reference.



	chest circumference (cm)	waist circumference (cm)
S/M	88-96	80-88
L/XL	96-104	88-96