

MENS GRUNDENS SIZE CHART								
CHEST								
XS 34-35	S 36-37	M 38-40	L 42-44	XL 46-48	XXL 50-52	3XL 54-56	4XL 58-60	5XL 62-64
Measure around the fullest part, across chest points.								
WAIST								
XS 28-29	S 30-31	M 32-34	L 36-38	XL 40-42	XXL 44-46	3XL 48-50	4XL 52-54	5XL 56-58
Measure around the natural waist (where your body bends side to side)								
SEAT (HIP)								
XS 33-34	S 35-36	M 37-39	L 41-43	XL 45-47	XXL 49-51	3XL 53-55	4XL 57-59	5XL 61-63
Measure around the fullest part of your hips								
PANT SIZE								
	30	32	34	36	38	40	42	44

WOMENS GRUNDENS SIZE CHART					
CHEST					
XS	S	M	L	XL	XXL
32-33	34-35	36-38	38-41	42-44	45-48
Measure around the fullest part, across chest points.					
WAIST					
XS	S	M	L	XL	XXL
25-26	26-28	29-31	32-34	35-37	38-41
Measure around the natural waist (where your body bends side to side)					
SEAT (HIP)					
XS	S	M	L	XL	XXL
34-35	35-37	38-40	41-43	44-46	47-50
Measure around the fullest part of your hips					

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