

# SIZE GUIDES

## MENS SIZING

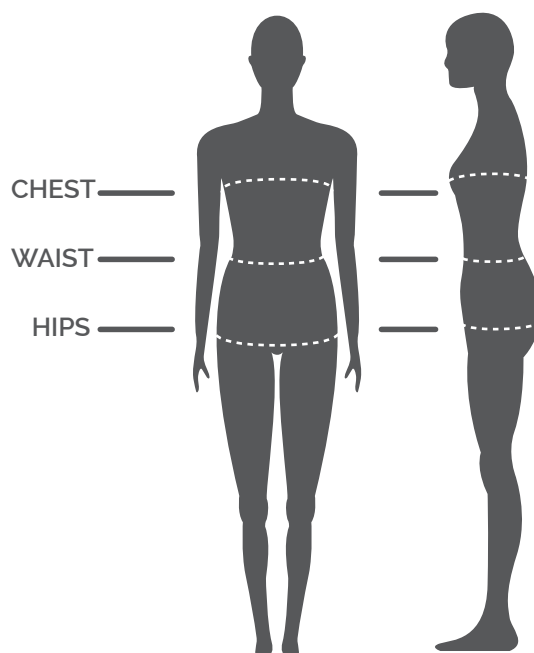
	CHEST (cm)	WAIST (cm)	HIPS (cm)
3X SMALL	75-80	60-65	83-88
2X SMALL	80-85	65-70	88-93
XSMALL	85-90	70-75	93-98
SMALL	90-95	75-80	98-103
MEDIUM	95-100	80-85	103-108
LARGE	100-105	85-90	108-113
X LARGE	105-110	90-95	113-118
2X LARGE	110-115	95-100	118-123
3X LARGE	115-120	100-105	123-128
4X LARGE	120-125	105-110	125-130
5X LARGE	125-130	110-115	130-138

## WOMENS SIZING

	CHEST (cm)	WAIST (cm)	HIPS (cm)
3X SMALL	70-75	55-60	78-83
2X SMALL	75-80	60-65	83-88
XSMALL	80-85	65-70	88-93
SMALL	85-90	70-75	93-98
MEDIUM	90-95	75-80	98-103
LARGE	95-100	80-85	103-108
X LARGE	100-105	85-90	108-113
2X LARGE	105-110	90-95	113-118
3X LARGE	110-115	95-100	118-123
4X LARGE	115-120	100-105	123-128
5X LARGE	120-125	105-110	125-130

## 3 Easy Steps to Measure Your **BODY**

1. Place the measuring tape around the fullest part of the chest, relax the arms at the side of the body. Keep the tape straight and taut (not tight but firm) you are now ready to take the chest measurement.
2. Place the measuring tape around the narrowest part of the waist. You are now ready to take the waist measurement.
3. Place the measuring tape around the fullest part of the hips (usually 20cm/ 8" below the waistline). You are now ready to take the hip measurement.



### Some more handy tips...

- Get another team member to take your measurements to ensure accuracy.
- If two out of the three parameters fall within a certain size, that is your size.
- If your measurements are borderline between 2 sizes, go to the lower size for a tighter fit, or the higher size for looser fit.
- When taking your measurements, wear your sport undergarments that you would usually wear when competing in the specific sport.

\*Our Body Torque Size Guides serves as an indication only. Exact sizes may vary depending on individual body structure. For further information please email: [info@bodytorque.com.au](mailto:info@bodytorque.com.au)

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