MEASURING YOUR OVERARM
• If you have a fuller upper body, you should also measure over your arms at the fullest part of your chest.

MEASURING YOUR CHEST
• Measure the fullest part of your chest.
• If the difference between the chest and overarm measurements are more than 7 inches, order the next size up.

MEASURING THE SLEEVE
• Slightly bend your elbow and measure from the center back, along the outside of your arm.