

MENS GRUNDENS SIZE CHART

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

KIDS GRUNDENS SIZE CHART

CHEST							
2	4	6	8	10	12	14	16
21	23	25	27	28	30	32	34
Measure around the fullest part, across chest points.							
WAIST							
2	4	6	8	10	12	14	16
20	21	22	24	25	26	27	28
Measure around the natural waist (where your body bends side to side)							
SEAT (HIP)							
2	4	6	8	10	12	14	16
22	24	26	28	29.5	31	32.5	34
Measure around the fullest part of your hips							