

Unisex Crew or Panelled Crew

How to use this guide:

A Chest

This is a half chest measurement, meaning it measures across your chest from one underarm seam to the opposite underarm seam.

B Back

This measurement is taken from the top of your neck down along your spine to the bottom point on the hemline.

C Hips

Similar to the chest measurement, this is a half measurement. Measure from one hip point directly across to the opposite hip point.

Tips

When measuring, keep the tape tight but not squeezing. If your measurement falls between sizes, we recommend sizing up for a better fit.

Disclaimer

Remember, this is just a size guide to help you choose the best fit! Our sizes are generally true to size—if you usually wear a Large, you should be a Large in our specs as well. If you have any questions, please reach out to us at info@themovebetterproject.com. We're here to help!

All below Measurements are in cm

Size	Chest	Back	Hips
XXS	54	70	49
XS	56	71	51
S	58	72	53
M	60.5	73.5	55.5
L	63	75	58
XL	65.5	76.5	60.5
2XL	68	78	63
3XL	70.5	79.5	65.5
4XL	73	81	68
5XL	75.5	82.5	70.5