

Men's T-shirt

Nirvana® Size Chart



			XS	S	M	L	XL	XXL
1	CHEST	cm	80-87	87-96	95-101	100-106	105-110	110-115
		inch	31,5-34	34-38	37,5-39,5	39-41,5	41-43,5	43,5-45
2	FRONT LENGTH	cm	65,6	67	68,5	70	71,5	73
		inch	25,5	26,5	27	27,5	28	28,,5
3	SLEEVE LENGTH	cm	11	11,5	12	12,5	13	13,5
		inch	4,3	4,5	4,8	5	5,2	5,5

Chest: Measure under your arm around the fullest part of your chest

Front length: Length measured from the collar to the bottom edge

Sleeve length: Length measured from underarm to the sleeve opening

*If between sizes: For more compression go towards the smaller size. For more of a comfort fit, go with the larger size.

Nirvana®
Ultimate Body & Mind System

Men's Shorts

Nirvana® Size Chart



SIZE			XS	S	M	L	XL	XXL
1	WAIST	cm	80-83	83-86	86-90	90-94	94-97	97-100
		inch	31,5-32,5	32,5-33,5	33,5-35,5	35,5-37	37-38	38-39
2	HIPS	cm	88-92	92-96	96-100	100-104	104-110	110-115
		inch	34,5-36	36-37,5	37,5-39	39-41	41-43	43-45
4	LENGHT	cm	54	55	57	58	59	60
		inch	21	21,5	22,5	23	23,2	23,5
3	INSEAM	cm	28	29	30	30	31	32
		inch	11	11,5	12	12	12,5	13

1. Waist: measure around your waist line at the level where you normally wear your shorts 2. Hips: measure around the fullest part of the lower body, keeping tape straight and parallel to the floor (not over pants) 3. Inseam: length from crotch to the leg opening 4. Length: length from waist line to the leg opening 5. Leg opening: size of leg opening circumference

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Men's Hoodie

Nirvana® Size Chart



SIZE		S/M	L/XL	XXL	
1	CHEST	cm	114	121	127
		inch	45	48	50
2	BACK LENGTH	cm	72	74	77
		inch	28	29	30
3	SLEEVE	cm	60	62	70
		inch	23,5	24,5	27,5
4	SHOULDERS	cm	48	54	58
		inch	19	21	23

1. Chest: Measure under your arms around the fullest part of your chest 2. Back length: Full length of hoodie from the bottom of the collar to the bottom opening 3. Sleeve length: Length of sleeve from the underarm to the wrist opening 4. Shoulder length: from one shoulder to the other, measured horizontally at the back

*If between sizes: For more compression go towards the smaller size. For more of a comfort fit, go with the larger size.

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Men's Classic T-shirt

Nirvana® Size Chart



SIZE		S	M	L	XL	XXL	
1	WIDTH	cm	48,5	53,5	56	61	66
		inch	19	21	22	24	26
2	LENGTH	cm	69,5	72	74,5	77	78,5
		inch	27,5	28,5	29,5	30,5	31

1. Width: Measure across garment 1cm down from armholes 2. Length: Measure from highest of shoulder to bottom edge of garment.

*If between sizes: For more compression go towards the smaller size. For more of a comfort fit, go with the larger size.

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