

SIZING CHARTS

MEN'S - HYTRO T-SHIRT

| SUGGESTED HYTRO SIZE | CHEST SIZE | BICEP GIRTH |
|----------------------|------------|-------------|
| S | 96-102 CM | <33 CM |
| M | 102-107 CM | <36 CM |
| L | 107-112 CM | <38 CM |
| XL | 112-117 CM | <41 CM |
| XXL | 117-122 CM | <43 CM |
| 3XL | 122-127 CM | <46 CM |
| 4XL | 127-132 CM | <49 CM |

WOMEN'S - HYTRO T-SHIRT

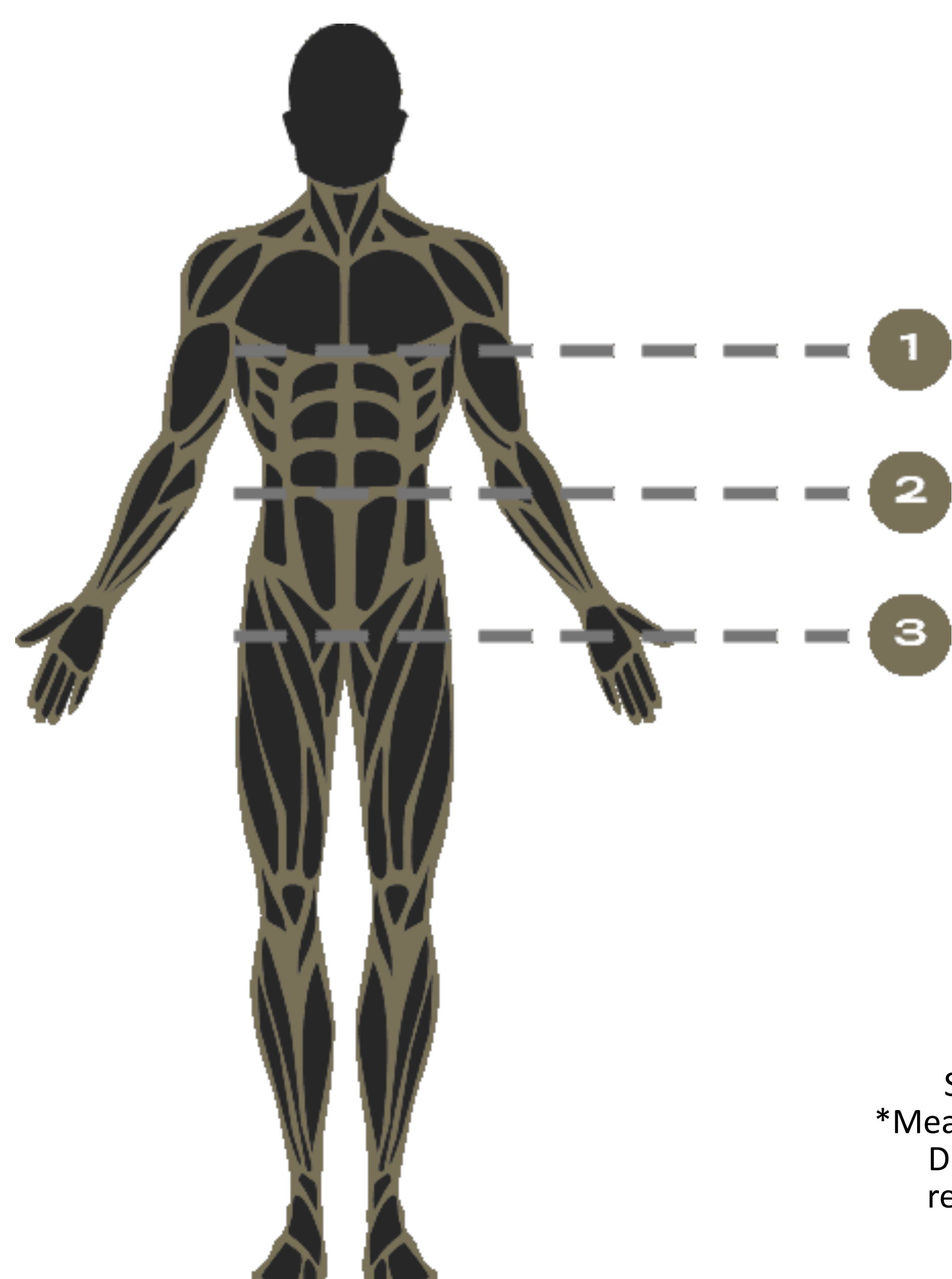
| SUGGESTED HYTRO SIZE | CHEST SIZE | BICEP GIRTH |
|----------------------|------------|-------------|
| XS | 74-79 CM | <31 CM |
| S | 79-84 CM | <33 CM |
| M | 84-89 CM | <36 CM |
| L | 89-94 CM | <38 CM |
| XL | 94-99 CM | <41 CM |
| XXL | - | - |
| 3XL | - | - |

MEN'S - HYTRO SHORTS

| SUGGESTED HYTRO SIZE | WAIST SIZE | THIGH GIRTH |
|----------------------|------------|-------------|
| S | 76-81 CM | 51-58 CM |
| M | 81-86 CM | 53-60 CM |
| L | 86-91 CM | 56-63 CM |
| XL | 91-96 CM | 61-71 CM |
| XXL | 96-101 CM | 66-76 CM |
| 3XL | 101-106 CM | 71-81 CM |
| 4XL | 106-111 CM | 76-89 CM |

WOMEN'S - HYTRO SHORTS

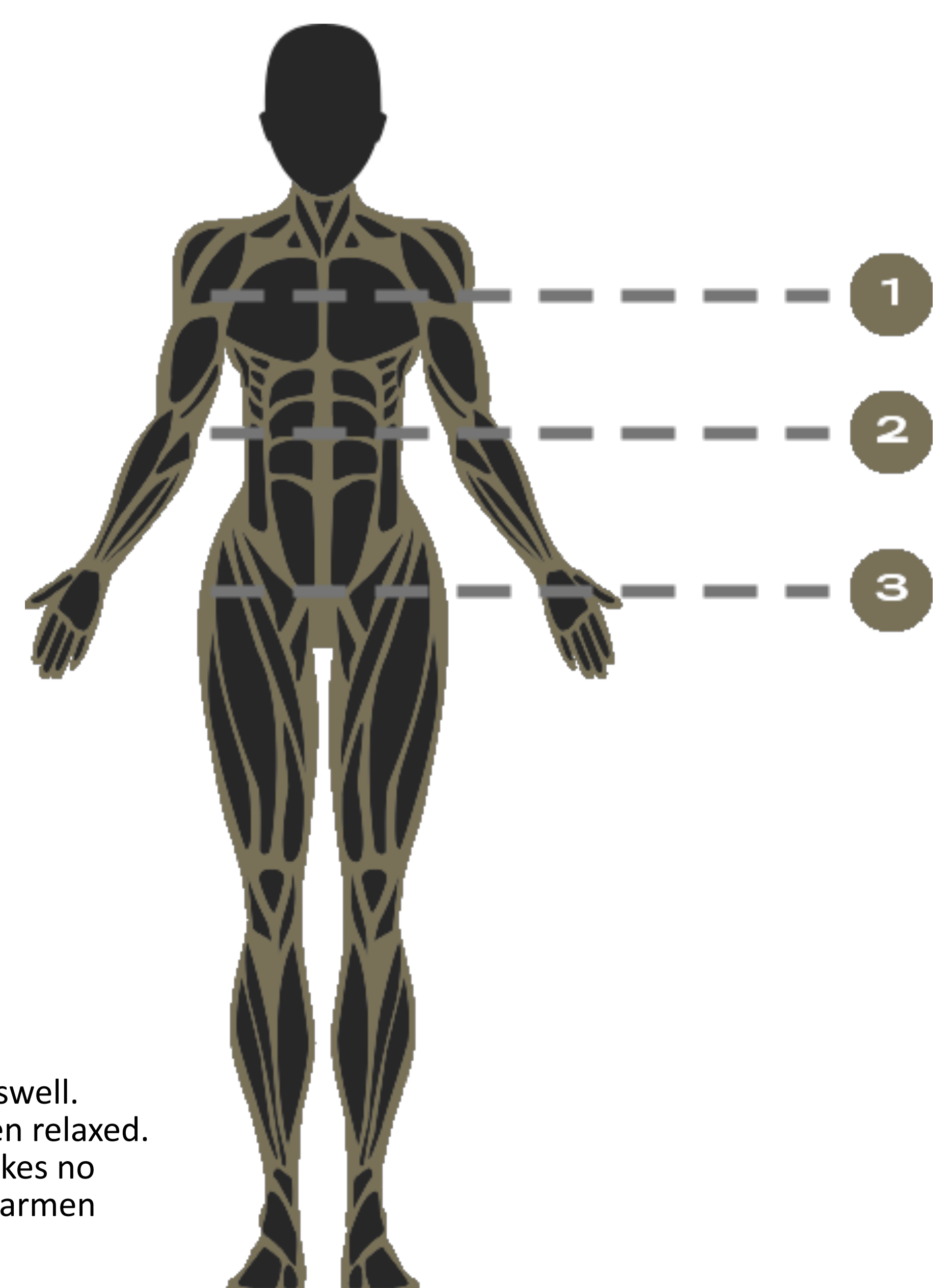
| SUGGESTED HYTRO SIZE | WAIST SIZE | THIGH GIRTH |
|----------------------|------------|-------------|
| XS | 58-63 CM | 48-56 CM |
| S | 63-68 CM | 51-58 CM |
| M | 68-73 CM | 53-60 CM |
| L | 73-78 CM | 56-63 CM |
| XL | 78-83 CM | 61-71 CM |
| XXL | 83-88 CM | 66-76 CM |
| 3XL | 88-94 CM | 71-81 CM |



1. CHEST
Measure the full circumference of the chest 2.5cm below the underarm

2. WAIST
Measure the full circumference at the narrowest / smallest point of the waist

3. HIPS
Measure the full circumference at the widest / fullest points of the hips



Size up if you are between sizes as BFR training causes muscles to swell.
*Measurement, taken at mid-bicep, represents maximum arm size when relaxed.
Disclaimer: Use of Hytro garments is at the risk of the user. Hytro takes no responsibility for any harm or injury that occurs when using Hytro garments