

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

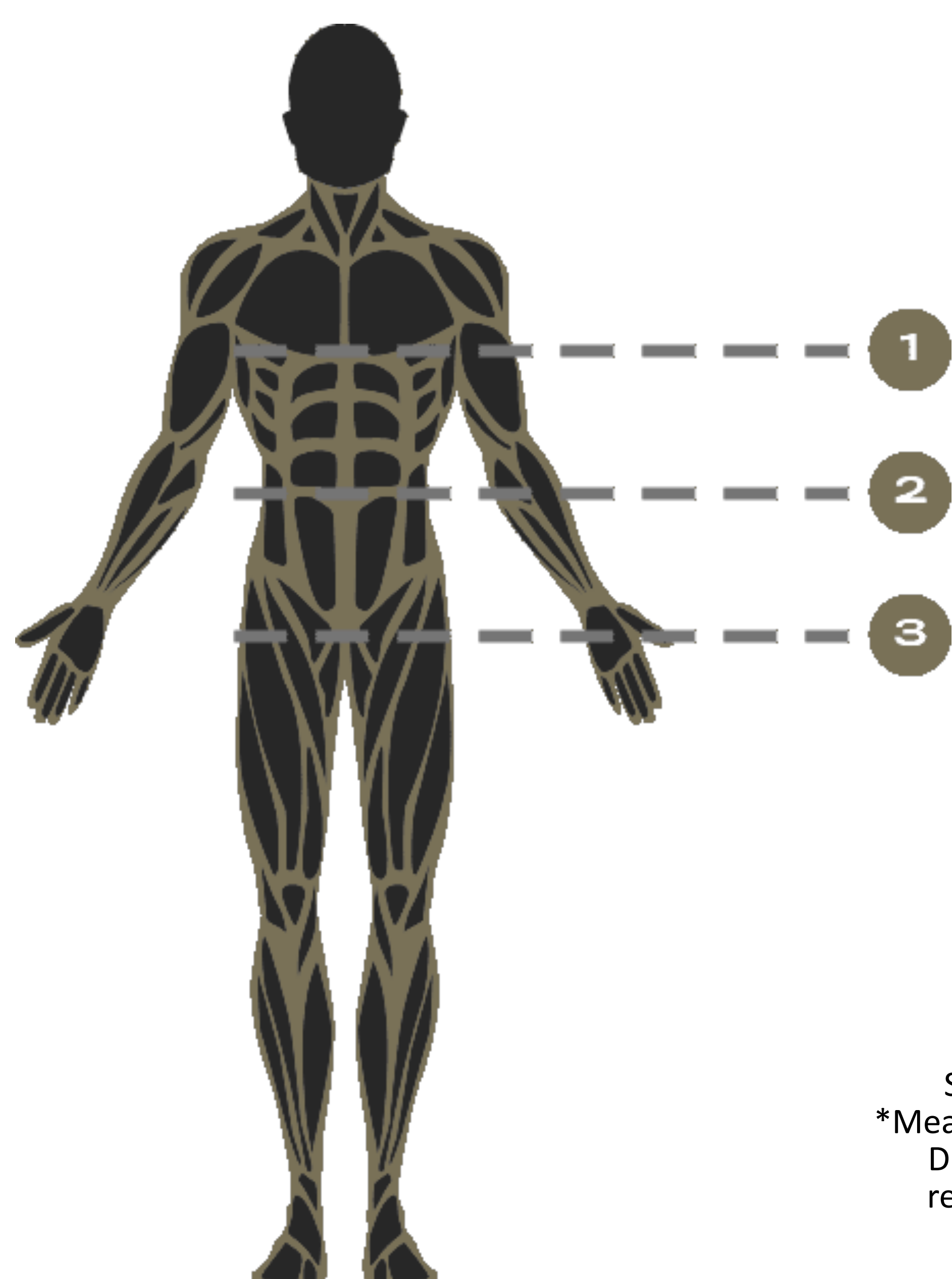
SUGGESTED HYTRO SIZE	CHEST SIZE	BICEP GIRTH
XS	74-79 CM	<31 CM
S	79-84 CM	<33 CM
M	84-89 CM	<36 CM
L	89-94 CM	<38 CM
XL	94-99 CM	<41 CM
XXL	-	-
3XL	-	-

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 garmen

