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- Original Strength**
- **LIGHT BLUE** X-Small
 - **RED** Small
 - **GREEN** Medium
 - **YELLOW** Large
 - **BLACK** X-Large
- PLUS Strength**
- **PURPLE** Small
 - **BLUE** Medium
 - **SILVER** Large
 - **ORANGE** X-Large

Height (cm)	Weight (kg)																	
	32	36	41	45	50	55	60	64	68	73	77	82	86	91	95	100	105	109
142	XS	XS	XS	XS	XS	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
145	XS	XS	XS	XS	XS	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
147	XS	XS	XS	XS	XS	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
150	XS	XS	XS	XS	XS	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
152	XS	XS	XS	XS	XS	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
155	XS	XS	XS	S	S	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
157	XS	XS	XS	S	S	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
160	XS	XS	XS	S	S	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
163	S	S	S	S	S	S	S	M	M	M	M	L	L	L	L	XL	XL	XL
165	S	S	S	S	S	S	S	M	M	M	M	L	L	L	L	XL	XL	XL
168	-	-	-	M	M	M	M	M	M	M	M	L	L	L	L	XL	XL	XL
170	-	-	-	M	M	M	M	M	M	M	M	L	L	L	L	XL	XL	XL
173	-	-	-	M	M	M	M	M	M	M	M	L	L	L	L	XL	XL	XL
175	-	-	-	L	L	L	L	L	L	L	L	L	L	L	L	XL	XL	XL
178	-	-	-	L	L	L	L	L	L	L	L	L	L	L	L	XL	XL	XL
180	-	-	-	L	L	L	L	L	L	L	L	L	L	L	L	XL	XL	XL
183	-	-	-	L	L	L	L	L	L	L	L	L	L	L	L	XL	XL	XL
185	-	-	-	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL
188	-	-	-	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL
190	-	-	-	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL
193	-	-	-	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL

Size chart does not factor in oversized chest girth.

Original Strength Posture Medic is recommended for most individuals. **PLUS Strength** is recommended for athletes or those individuals who are regularly engaged in strength training.

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