

Spectrum Binder Size Guide (Light Style)

Correct as of 09/08/2026

XXS

Chest: 31"-32.9" (78.7cm-83.6cm)

Rib: 27.5"-29" (69.8cm – 73.7cm)

XS

Chest: 33"-34.9" (83.8cm – 88.6cm)

Rib: 29.1"-31" (73.9cm – 78.7cm)

S

Chest: 35"-36.9" (88.9cm – 93.7cm)

Rib: 31.1"-33" (79cm – 83.8cm)

M

Chest: 37"-38.9" (94cm-98.8cm)

Rib: 33.1"-35" (84.1cm-88.9cm)

L

Chest: 39"-40.9" (99.1cm-104cm)

Rib: 35.1"-37" (89.2cm-94cm)

XL

Chest: 41"-42.9" (104cm-109cm)

Rib: 37.1"-39" (94.2cm-99.1cm)

2XL

Chest: 43"-44.9" (109cm-114cm)

Rib: 39.1"-41" (99.3cm-104cm)

3XL

Chest: 45"-46.9" (114cm-119cm)

Rib: 41.1"-43" (104cm-109cm)

4XL

Chest: 47"-48.9" (119cm-124cm)

Rib: 43.1"-45" (109cm-114cm)

5XL

Chest: 49"-50.9" (124cm-129cm)

Rib: 45.1"-47" (115cm-119cm)

6XL

Chest: 51"-52.9" (130cm-134cm)

Rib: 47.1"-49" (120cm-124cm)

7XL

Chest: 53" - 54.5" (135cm-138cm)

Rib: 49.1" - 51" (125cm-130cm)