



**Measuring Guide:**

This is how to measure yourself correctly:

- Get someone to help you so you can measure more exactly.
- Take off your clothes, place the measuring tape around the body.

The tape should be reasonably taught, but not too tight.

If you allow enough space to slide a finger under the tape, you will get the correct measurements.

**A// CHEST:**

Measure around the fullest part of your chest.

**B// WAIST:**

Measure the slimmest part of the waist.

**C// ARM:**

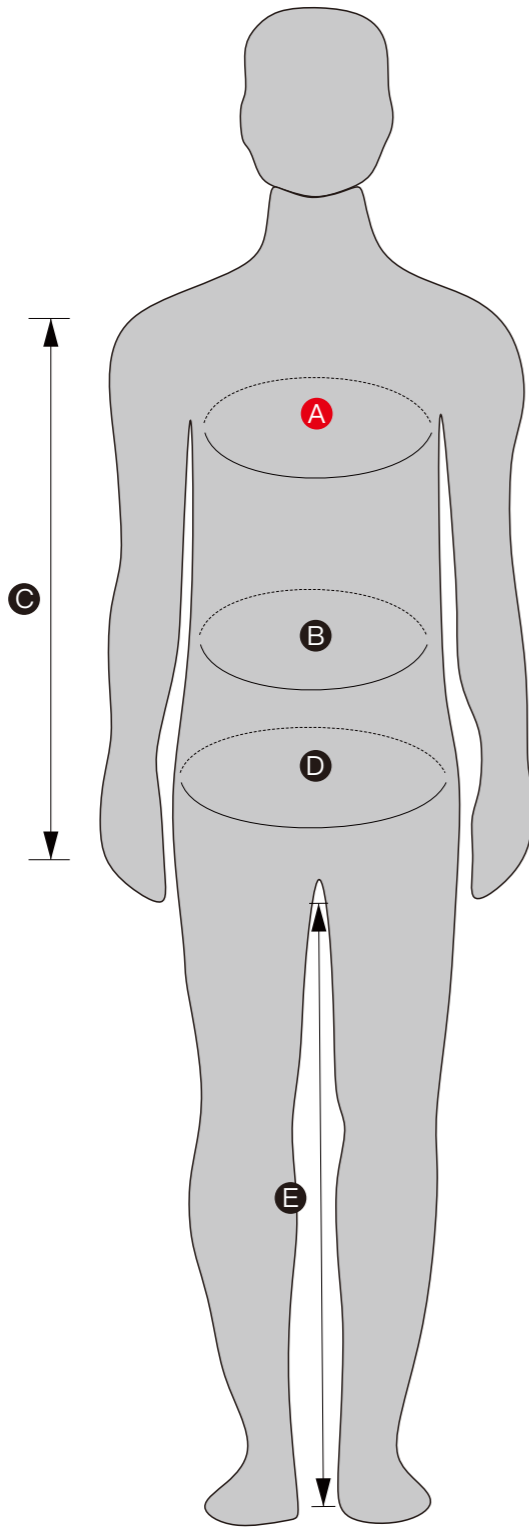
Measure from shoulder tip to cuff with a gentle bend in the arm.

**D// HIPS:**

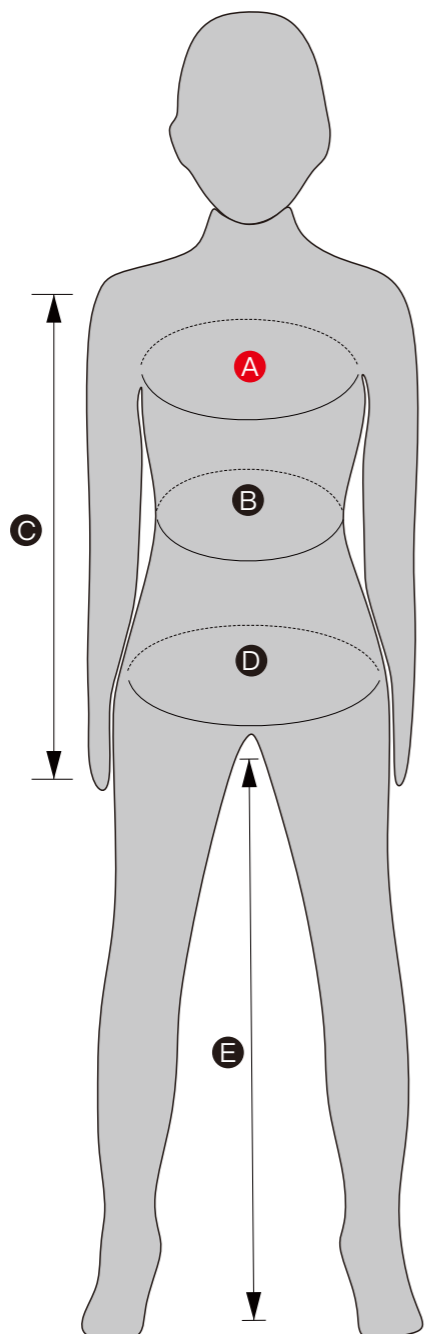
Measure around the fullest part of your hip.

**E// INSIDE LEG:**

Measure from top of inside leg at the crotch to ankle.



MAN'S SIZE CM	A// Chest	B// Waist	C// Arm	D// Hips	E// INSIDE LEG (Regular)	E// INSIDE LEG (Long)
XS//46	85-90	79-84	57-59	76-82	74-78	78-82
S//48	91-96	85-90	58-60	80-88	74-78	78-82
M//50	97-102	91-96	60-62	84-92	76-80	80-84
L//52	103-108	97-102	63-65	88-96	76-80	80-84
XL//54	109-114	103-108	66-68	92-100	76-80	80-84
2XL//56	115-120	109-114	69-71	96-104	76-80	80-84
3XL//58	121-126	115-120	72-74	100-108	76-80	80-84
4XL//60	127-132	121-126	75-77	104-112	76-80	80-84
5XL//62	133-138	127-132	78-80	108-116	76-80	80-84
6XL//64	139-144	133-138	81-82	112-120	76-80	80-84



LADY'S SIZE CM	A// Chest	B// Waist	C// Arm	D// Hips	E// INSIDE LEG (Short)	E// INSIDE LEG (Regular)
XS//34	79-84	67-73	59-61	69-79	70-75	75-80
S//36	83-88	72-77	60-62	73-83	70-75	75-80
M//38	87-92	76-81	61-63	77-87	70-75	75-80
L//40	91-96	80-85	62-64	81-91	72-77	77-82
XL//42	95-100	84-91	63-65	85-95	72-77	77-82
2XL//44	99-104	90-95	64-66	89-99	72-77	77-82
3XL//46	103-108	95-100	65-67	95-104	72-77	77-82
4XL//48	107-112	100-108	66-68	103-113	72-77	77-82