

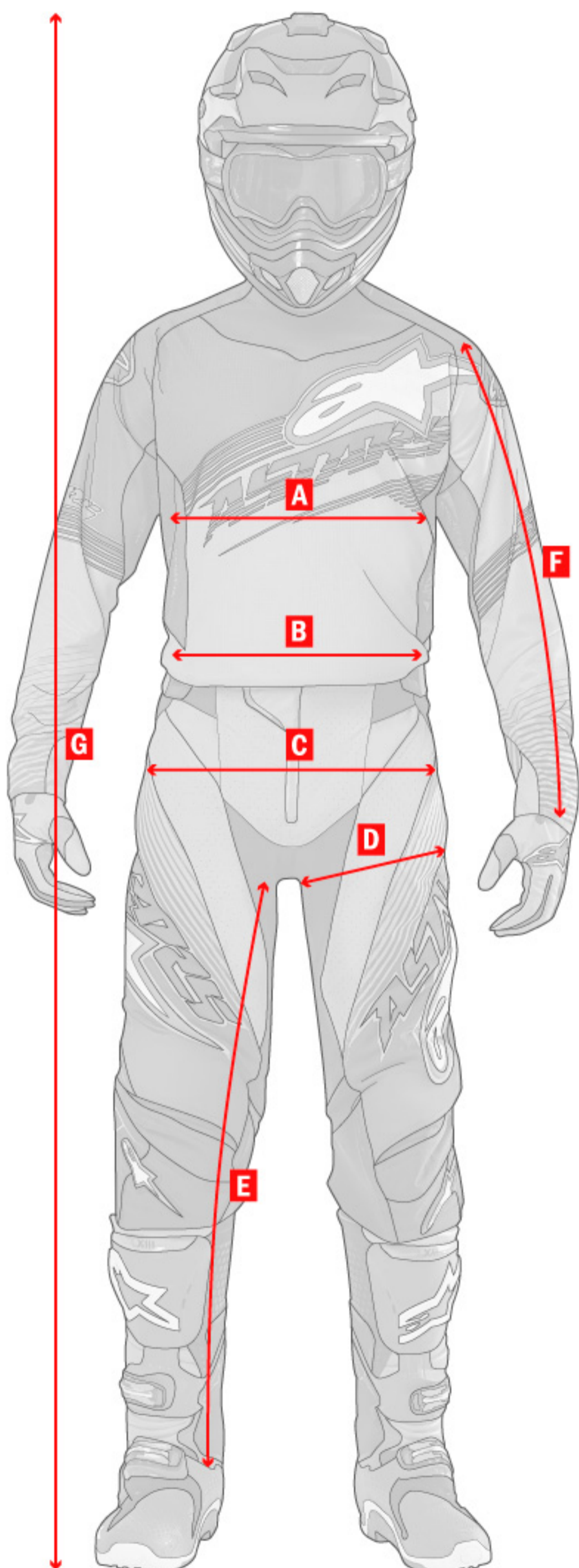
### HOW TO MEASURE

- A Chest:**  
Measure around the fullest part, under the armpits, keeping the tape horizontal.
- B Waist:**  
Measure around the natural waist line, in line with the navel, keeping the tape horizontal.

- C Hip:**  
Measure around the fullest part of your hips, about 20cm below waist line, keeping the tape horizontal.
- D Thigh:**  
Measure around the thigh just below the crotch, keeping the tape horizontal.

- E Inseam:**  
Stand against a wall, ask someone else to measure from the crotch to the bottom of your leg.
- F Arm Length:**  
Measure from shoulder (Humerus) to wrist.

- G Height:**  
Stand against a wall, ask someone else to measure from the floor to the top of your head, keeping the tape vertical.



CONVERSION GUIDE			PRODUCT SIZE	BODY MEASUREMENT						
EURO SIZE	INTL SIZE	U.S. SIZE		U.S. PANT SIZE	A CHEST (CM)	B WAIST (CM)	C HIP (CM)	D THIGH (CM)	E INSEAM (CM)	F OUTER ARM (CM)
40	XXS	30	24	78-82	64-68	79-83	48-49	71-72	49-50	150-156
42	XXS-XS	32	26	82-86	68-72	83-87	49-51	72-74	50-52	156-163
44	XS	34	28	86-90	72-76	87-91	51-53	74-76	52-54	163-167
46	S	36	30	90-94	76-80	91-95	53-55	76-78	54-56	167-171
48	S-M	38	32	94-98	80-84	95-99	55-57	78-80	56-58	171-175
50	M-L	40	34	98-102	84-88	99-103	57-59	80-82	58-60	175-179
52	L	42	36	102-106	88-92	103-107	59-61	82-84	60-62	179-183
54	XL	44	38	106-110	92-96	107-111	61-63	84-86	62-64	183-187
56	XL-XXL	46	40	110-114	96-100	111-115	63-65	86-88	64-66	187-191
58	XXL	48	42	114-118	100-104	115-119	65-67	88-90	66-68	191-195
60	3XL	50	44	118-122	104-108	119-123	67-69	88-90	66-68	191-195
62	3XL-4XL	52	46	122-126	108-112	123-127	69-71	90-92	68-70	195-199
64	4XL	54	48	126-130	112-116	127-131	71-73	90-92	68-70	195-199
66	5XL	56	50	130-134	116-120	131-136	73-75	90-92	68-70	195-199
EURO SIZE	INTL SIZE	U.S. SIZE	U.S. PANT SIZE	CHEST (INCHES)	WAIST (INCHES)	HIP (INCHES)	THIGH (INCHES)	INSEAM (INCHES)	OUTER ARM (INCHES)	HEIGHT (INCHES)
40	XXS	30	24	30 <sup>3</sup> / <sub>8</sub> -32 <sup>1</sup> / <sub>4</sub>	25 <sup>1</sup> / <sub>4</sub> -26 <sup>3</sup> / <sub>8</sub>	31 <sup>1</sup> / <sub>8</sub> -32 <sup>5</sup> / <sub>8</sub>	19 <sup>3</sup> / <sub>8</sub> -19 <sup>5</sup> / <sub>8</sub>	28-28 <sup>3</sup> / <sub>4</sub>	19 <sup>1</sup> / <sub>4</sub> -20 <sup>1</sup> / <sub>8</sub>	4'11" - 5'1"
42	XXS-XS	32	26	32 <sup>1</sup> / <sub>4</sub> -33 <sup>7</sup> / <sub>8</sub>	26 <sup>3</sup> / <sub>4</sub> -28 <sup>3</sup> / <sub>8</sub>	32 <sup>5</sup> / <sub>8</sub> -34 <sup>1</sup> / <sub>4</sub>	19 <sup>5</sup> / <sub>8</sub> -20 <sup>1</sup> / <sub>8</sub>	28 <sup>3</sup> / <sub>4</sub> -29 <sup>1</sup> / <sub>8</sub>	20 <sup>1</sup> / <sub>8</sub> -20 <sup>3</sup> / <sub>4</sub>	5'2" - 5'4"
44	XS	34	28	33 <sup>7</sup> / <sub>8</sub> -35 <sup>3</sup> / <sub>8</sub>	28 <sup>3</sup> / <sub>8</sub> -29 <sup>7</sup> / <sub>8</sub>	34 <sup>1</sup> / <sub>4</sub> -35 <sup>7</sup> / <sub>8</sub>	20 <sup>1</sup> / <sub>2</sub> -20 <sup>7</sup> / <sub>8</sub>	29 <sup>1</sup> / <sub>2</sub> -29 <sup>7</sup> / <sub>8</sub>	20 <sup>7</sup> / <sub>8</sub> -21 <sup>1</sup> / <sub>4</sub>	5'4" - 5'5"
46	S	36	30	35 <sup>3</sup> / <sub>8</sub> -37	29 <sup>7</sup> / <sub>8</sub> -31 <sup>1</sup> / <sub>2</sub>	35 <sup>7</sup> / <sub>8</sub> -37 <sup>3</sup> / <sub>8</sub>	21 <sup>1</sup> / <sub>4</sub> -21 <sup>5</sup> / <sub>8</sub>	30 <sup>3</sup> / <sub>8</sub> -30 <sup>3</sup> / <sub>4</sub>	21 <sup>5</sup> / <sub>8</sub> -22	5'6" - 5'7"
48	S-M	38	32	37-38 <sup>5</sup> / <sub>8</sub>	31 <sup>1</sup> / <sub>2</sub> -33 <sup>1</sup> / <sub>8</sub>	37 <sup>3</sup> / <sub>8</sub> -39	22-22 <sup>1</sup> / <sub>2</sub>	31 <sup>1</sup> / <sub>8</sub> -31 <sup>1</sup> / <sub>2</sub>	22 <sup>1</sup> / <sub>2</sub> -22 <sup>7</sup> / <sub>8</sub>	5'7" - 5'8"
50	M-L	40	34	38 <sup>5</sup> / <sub>8</sub> -40 <sup>1</sup> / <sub>8</sub>	33 <sup>1</sup> / <sub>8</sub> -34 <sup>5</sup> / <sub>8</sub>	39-40 <sup>1</sup> / <sub>2</sub>	22 <sup>7</sup> / <sub>8</sub> -23 <sup>1</sup> / <sub>4</sub>	31 <sup>7</sup> / <sub>8</sub> -32 <sup>1</sup> / <sub>4</sub>	23 <sup>1</sup> / <sub>4</sub> -23 <sup>5</sup> / <sub>8</sub>	5'9" - 5'10"
52	L	42	36	40 <sup>1</sup> / <sub>8</sub> -41 <sup>3</sup> / <sub>4</sub>	34 <sup>5</sup> / <sub>8</sub> -36 <sup>1</sup> / <sub>4</sub>	40 <sup>1</sup> / <sub>2</sub> -42 <sup>1</sup> / <sub>8</sub>	23 <sup>5</sup> / <sub>8</sub> -24	32 <sup>5</sup> / <sub>8</sub> -33 <sup>1</sup> / <sub>8</sub>	24-24 <sup>3</sup> / <sub>8</sub>	5'11" - 6'
54	XL	44	38	41 <sup>3</sup> / <sub>4</sub> -43 <sup>1</sup> / <sub>4</sub>	36 <sup>1</sup> / <sub>4</sub> -37 <sup>3</sup> / <sub>4</sub>	42 <sup>1</sup> / <sub>8</sub> -43 <sup>3</sup> / <sub>4</sub>	24 <sup>3</sup> / <sub>8</sub> -24 <sup>3</sup> / <sub>4</sub>	33 <sup>1</sup> / <sub>2</sub> -33 <sup>7</sup> / <sub>8</sub>	24 <sup>3</sup> / <sub>4</sub> -25 <sup>1</sup> / <sub>4</sub>	6' - 6'2"
56	XL-XXL	46	40	43 <sup>1</sup> / <sub>4</sub> -44 <sup>7</sup> / <sub>8</sub>	37 <sup>3</sup> / <sub>4</sub> -39 <sup>1</sup> / <sub>4</sub>	43 <sup>3</sup> / <sub>4</sub> -45 <sup>1</sup> / <sub>4</sub>	25 <sup>1</sup> / <sub>4</sub> -25 <sup>5</sup> / <sub>8</sub>	34 <sup>1</sup> / <sub>4</sub> -34 <sup>5</sup> / <sub>8</sub>	25 <sup>5</sup> / <sub>8</sub> -26	6'2" - 6'3"
58	XXL	48	42	44 <sup>7</sup> / <sub>8</sub> -46 <sup>1</sup> / <sub>2</sub>	39 <sup>1</sup> / <sub>4</sub> -41	45 <sup>1</sup> / <sub>4</sub> -46 <sup>7</sup> / <sub>8</sub>	26-26 <sup>3</sup> / <sub>8</sub>	35-35 <sup>3</sup> / <sub>8</sub>	26 <sup>3</sup> / <sub>8</sub> -26 <sup>3</sup> / <sub>4</sub>	6'3" - 6'5"
60	3XL	50	44	46 <sup>1</sup> / <sub>2</sub> -48	41-42 <sup>1</sup> / <sub>2</sub>	46 <sup>7</sup> / <sub>8</sub> -48 <sup>3</sup> / <sub>8</sub>	26 <sup>3</sup> / <sub>4</sub> -27 <sup>1</sup> / <sub>8</sub>	35-35 <sup>3</sup> / <sub>8</sub>	26 <sup>3</sup> / <sub>8</sub> -26 <sup>3</sup> / <sub>4</sub>	6'3" - 6'5"
62	3XL-4XL	52	46	48-49 <sup>5</sup> / <sub>8</sub>	42 <sup>1</sup> / <sub>2</sub> -44 <sup>1</sup> / <sub>8</sub>	48 <sup>3</sup> / <sub>8</sub> -50	27 <sup>1</sup> / <sub>2</sub> -28	35 <sup>7</sup> / <sub>8</sub> -36 <sup>1</sup> / <sub>4</sub>	27 <sup>1</sup> / <sub>8</sub> -27 <sup>1</sup> / <sub>2</sub>	6'5" - 6'6"
64	4XL	54	48	49 <sup>5</sup> / <sub>8</sub> -51 <sup>1</sup> / <sub>8</sub>	44 <sup>1</sup> / <sub>8</sub> -45 <sup>5</sup> / <sub>8</sub>	50-51 <sup>5</sup> / <sub>8</sub>	28 <sup>3</sup> / <sub>8</sub> -28 <sup>1</sup> / <sub>2</sub>	35 <sup>7</sup> / <sub>8</sub> -36 <sup>1</sup> / <sub>4</sub>	27 <sup>1</sup> / <sub>8</sub> -27 <sup>1</sup> / <sub>2</sub>	6'5" - 6'6"
66	5XL	56	50	51 <sup>1</sup> / <sub>8</sub> -53 <sup>3</sup> / <sub>8</sub>	45 <sup>5</sup> / <sub>8</sub> -47 <sup>3</sup> / <sub>4</sub>	51 <sup>5</sup> / <sub>8</sub> -54 <sup>1</sup> / <sub>8</sub>	28 <sup>1</sup> / <sub>2</sub> -29 <sup>7</sup> / <sub>8</sub>	35 <sup>7</sup> / <sub>8</sub> -36 <sup>1</sup> / <sub>4</sub>	27 <sup>1</sup> / <sub>8</sub> -27 <sup>1</sup> / <sub>2</sub>	6'5" - 6'6"