

# Sizing & Measurements

Use the chart below to determine your size. If you're on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit. If your measurements for chest and waist correspond to two different suggested sizes, order the size indicated by your chest measurement.

## HOW TO MEASURE YOURSELF



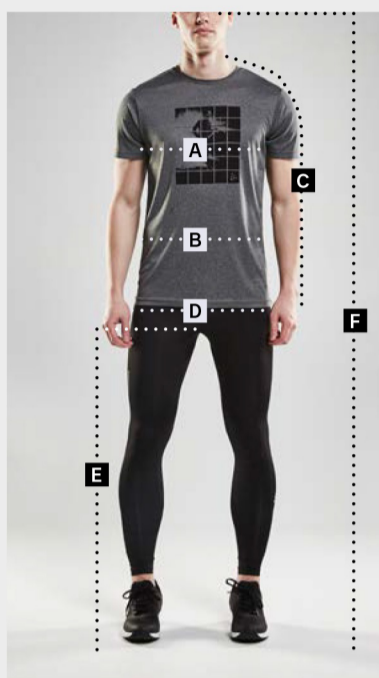
### WOMEN

#### A. CHEST

Wrap a tape measure evenly around the fullest part around the chest under your arms.

#### B. WAIST

Wrap a measure tape around your natural waistline.



### MEN

#### C. SHOULDER AND SLEEVE LENGTH

Measure from the lowest part of the neck, over the tip of the shoulder and down the outside of the arm, past the elbow and to the wrist. Keep the arm slightly bent.

#### D. SEAT

Standing with your feet together, measure around the fullest part of your hips.



### JUNIOR

#### E. INSIDE OF LEG

Standing with your feet together, measure from the crotch all the way down to the floor. Don't forget to stand as straight as possible. You may have to ask a friend to help you.

#### F. LENGTH

The total length of your body from foot up to the top of your head.

WOMEN								
SIZE	XS	S	M	L	XL	XXL	3XL	4XL
Chest (cm)	82	88	94	100	106	114	122	130
Waist (cm)	64	70	76	82	88	96	104	112
Seat (cm)	90	96	102	108	114	122	130	138
Shoulder + sleeve length (cm)	71	72,5	74	75,5	77	78,5	80	81,5
Inside of leg (cm)	79	80,5	82	83,5	85	86,5	88	89,5
Length (cm)	164	167	170	173	176	179	182	185

MEN								
SIZE	XS	S	M	L	XL	XXL	3XL	4XL
Chest (cm)	87	93	99	105	111	119	127	135
Waist (cm)	75	81	87	93	99	107	115	123
Seat (cm)	89	95	101	107	113	121	129	137
Shoulder + sleeve length (cm)	78	80	82	84	86	88	90	92
Inside of leg (cm)	82	84	86	88	90	92	94	96
Length (cm)	172	176	180	184	188	192	196	200

JUNIOR								
SIZE	74/80 -1 year	86/92 1-2 year	98/104 2-4 year	110/116 4-6 year	122/128 6-8 year	134/140 8-10 year	146/152 10-12 year	158/164 12-14 year
Chest (cm)	51	54	56	58	64	70	76	82
Waist (cm)	49	51	53	55	58	62	65	69
Seat (cm)	51	55	59	63	69	75	81	87
Shoulder + sleeve length (cm)	32	37	43,5	47,5	51,5	57	62	68
Inside of leg (cm)	30	37	44	51	59	66	72	77
Length (cm)	80	92	104	116	128	140	152	164