



To choose the correct size for you, measure your body as follows:

1. Measure around the fullest part, place the tape close under the arms and make sure the tape is flat across the back
2. Measure around the natural waistline
3. Measure 20cm down from the natural waistline
4. Measure from the top of your inner thigh to the bottom of your ankles
5. Hold the tape at the center of your neck. Measure across your shoulder to your elbow and down to your wrist.
6. Measure a full circle from your shoulder at the neck over the fullest part of your bust, down through the center of your crotch and back up to the starting point.

## WOMEN

Size	1.Chest	2.Waist	3.Hip	4.Inseam	5.Arm	6.Short torso	6.Torso
XXS	75-79	59-63	82-86	74-79	73-77	133-149	148-162
XS	78-83	62-67	85-91	75-80	74-78	136-152	152-166
S	82-90	66-75	90-99	76-81	75-79	139-156	155-169
M	89-98	74-83	98-106	77-82	76-80	143-159	158-173
L	97-107	82-92	105-115	78-83	77-81	146-163	162-176
XL	106-119	91-103	114-125	79-84	78-82	149-166	165-180
XXL	118-128	102-112	124-132	80-85	79-83	152-170	168-184

## MEN

Size	1.Chest	2.Waist	3.Hip	4.Inseam	5.Arm	6.Torso
XXS	79-83	67-71	82-86	75-79	75-79	156-170
XS	82-88	70-75	85-91	76-80	77-81	161-175
S	87-95	74-83	90-98	77-81	79-83	165-180
M	94-103	82-90	97-106	78-82	81-85	169-185
L	102-110	89-99	105-114	79-83	83-87	174-190
XL	109-118	98-106	113-123	81-85	85-89	178-194
XXL	117-125	105-123	122-128	83-87	87-91	183-199

## KIDS

Size: Age/height	1.Chest	2.Waist	3.Hip	4.Inseam	5.Arm	6.Torso
4 years/104 cm	55-58	53-55	58-62	42-47	46-53	94-102
6 years/116 cm	58-61	55-57	62-66	49-54	53-57	101-109
8 years/128 cm	61-65	57-59	66-71	56-61	57-63	108-116
10 years/140 cm	65-71	59-62	71-76	63-68	63-69	114-122
12 years/152 cm	71-78	62-66	76-83	69-74	69-73	121-129