

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 lenght (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

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.

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.

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.

