

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 lenght (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

#### 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.

