



HOW TO MEASURE

- A Neck:**
Measure around the fullest part, keeping the tape horizontal.
- B Chest:**
Measure around the fullest part, under the armpits, keeping the tape horizontal.
- C Waist:**
Measure around the natural waist line, inline with the navel, keeping the tape horizontal.
- D Hip:**
Measure around the fullest part of your hips, about 20cm below waist line, 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.

PRODUCT SIZE

BODY MEASUREMENT

EURO SIZE	A NECK (CM)	B CHEST (CM)	C WAIST (CM)	D HIP (CM)	E INSEAM (CM)	F OUTER ARM (CM)	G HEIGHT (CM)
120	32	58-64	55-59	69-73	52-57	45-49	118-126
130	33	65-72	60-64	71-75	58-63	49-53	127-136
140	34	73-79	65-69	74-79	64-69	53-57	137-146
150	35	78-82	68-72	78-82	70-75	57-61	145-152
EURO SIZE	NECK (INCHES)	CHEST (INCHES)	WAIST (INCHES)	HIP (INCHES)	INSEAM (INCHES)	OUTER ARM (INCHES)	HEIGHT (INCHES)
120	12.6	22.8-25.2	21.7-23.2	27.2-28.7	20.5-22.4	17.7-19.3	46.5-49.8
130	13	25.6-28.3	23.6-25.2	28-29.5	22.8-24.8	19.3-20.9	50-54.3
140	13.4	28.7-31.1	25.6-27.2	29.1-31.1	25.2-27.2	20.9-22.4	53.9-57.5
150	13.8	30.7-32.3	26.8-28.3	30.7-32.3	27.6-29.5	22.4-24	57.1-59.8