

# 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



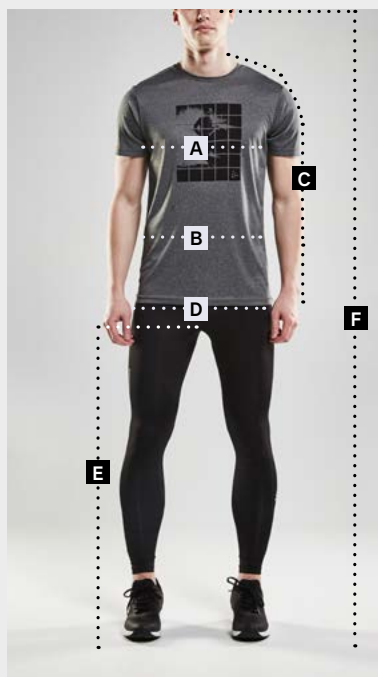
### WOMEN

#### 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