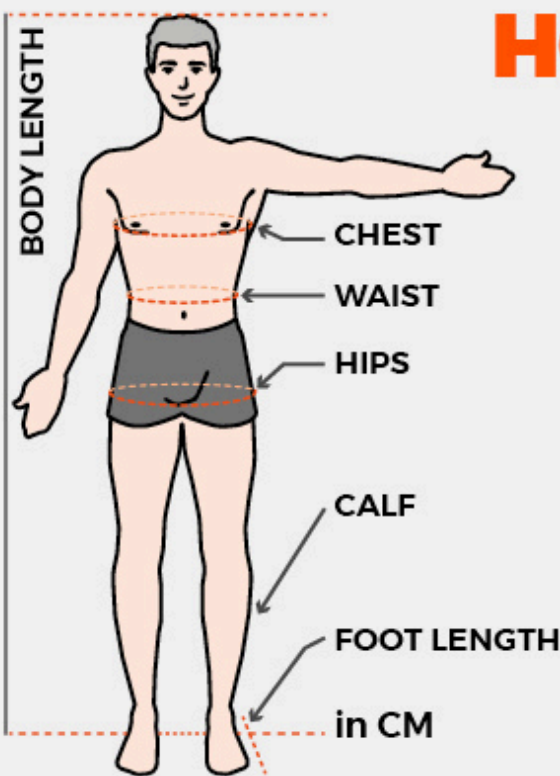


# HOW TO MEASURE CORRECTLY?



## BODY LENGTH

Measure from the sole to the top of your head.

## CHEST

Measure all around where the chest circumference is widest.

## WAIST

Measure all around where the waist circumference is smallest

## HIPS

Measure all around where the hips circumference is widest.

## CALF

Measure all around where the calf circumference is widest.

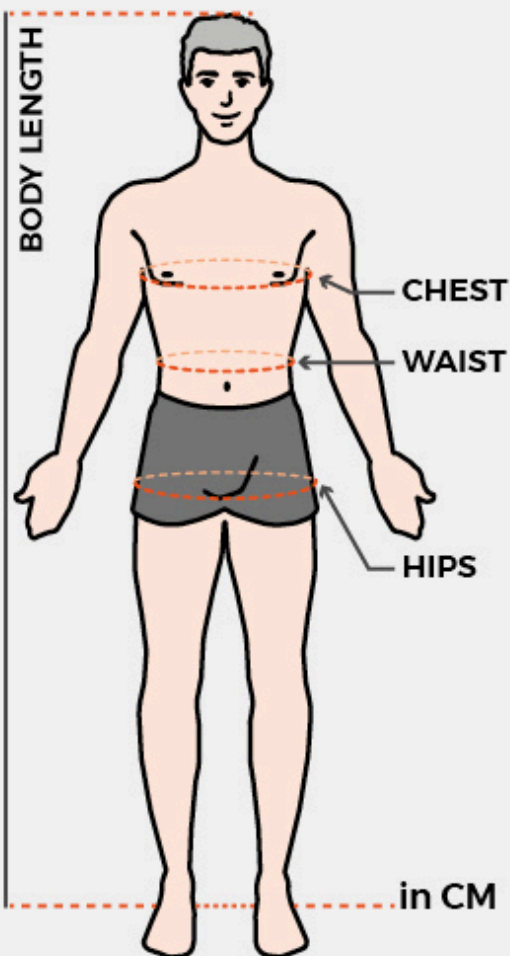
## FEET

Measure from the tip of the toes to the back of your heels.

**Sizes are measured in centimeters**



# MEN



Size	Chest	Waist	Hips	Body length
<b>XS</b>	85 - 89	73 - 77	84 - 88	175 - 185
<b>S</b>	90 - 94	78 - 82	89 - 93	175 - 185
<b>M</b>	95 - 99	83 - 87	94 - 98	175 - 185
<b>L</b>	100 - 104	88 - 92	99 - 103	175 - 185
<b>XL</b>	105 - 109	93 - 97	104 - 108	175 - 185
<b>2XL</b>	110 - 114	98 - 102	109 - 113	175 - 185
<b>3XL</b>	115 - 119	103 - 107	114 - 118	175 - 185

**How to measure correctly? See instructions above.**