



# MEASURING GUIDE SIZE CHART

SIZE			CHEST		WAIST	
XXS	UK/US 32	EU 42	32 – 34"	82 – 86cm	31.5 – 33"	80 – 84cm
XS	UK/US 34	EU 44	34 – 36"	86.5 – 91cm	27 – 29"	68.5-73cm
S	UK/US 36	EU 46	36 – 38"	91.5 – 96cm	29 – 31"	74 – 78.5cm
M	UK/US38	EU 48	38 – 40"	96.5 – 101cm	31 – 33"	79 – 83.5cm
L	UK/US 40	EU 50	40 – 42"	102 – 106cm	33 – 35"	84 – 88.5cm
XL	UK/US 42	EU 52	42 – 44"	107 – 111cm	35 – 37"	89 – 93.5cm
2XL	UK/US 44	EU 54	44 – 46"	112 – 116.5cm	37 – 39"	94 – 98.5cm
3XL	UK/US 46	EU 56	46 – 48"	117 – 122cm	39 – 41.5"	99 – 105cm
4XL	UK/US 48	EU 58	48 – 50.5"	122.5 – 128cm	41.5 – 44.5"	105 – 113cm

SIZE	TOP THIGH		BICEP		NECK	
XXS	18 – 19"	46 – 48cm	11"	28cm	14"	36cm
XS	19 – 20"	49 – 51cm	11.5"	29cm	14.5"	37cm
S	20 – 21"	52 – 54cm	12"	30cm	15"	38cm
M	21.5 – 22.5"	55 – 57cm	12.5"	31cm	15.5"	39.5cm
L	23 – 24"	58 – 60cm	13"	33cm	16"	40.5cm
XL	24 – 25"	61 – 63cm	13.5"	34cm	16.5"	42cm
2XL	25 – 26"	64 – 66cm	14"	35cm	17"	43cm
3XL	26 – 27"	67 – 69cm	14.5	37cm	17.5"	44.5cm
4XL	27 – 28"	70 – 72cm	15.5	39cm	18"	45.5cm

1. Neck (Measure around the centre of the neck)
2. Chest (Measure around the fullest part level with the nipples)
3. Waist (Measure around the narrowest part above the navel)
4. Thigh (Measure 5cm below the crotch, in natural standing position)
5. Bicep (Measure around the widest part without pinching)
6. Wrist (Measure around the wrist just above the bone joint)

- PLEASE MEASURE YOUR ACTUAL MEASUREMENTS. – PLEASE DO NOT USE YOUR CLOTHING SIZE.
- PLEASE DOUBLE CHECK ALL YOUR MEASUREMENTS ARE ACURATE TO AVOID DISAPOINTMENT.
- IF POSSIBLE AS A FRIEND FOR ASSITANCE TO ENSURE ACURATE MEASURMENTS.
- WHEN MEASURING MAINTAIN A NATURAL STANDING POSTURE.
- YOUR GARMENTS ARE PRODUCED 10% SMALLER THAN YOUR ACTUAL MEASUREMENTS FOR OPTIMUM STRETCH.

