



# MEASURING GUIDE

## SIZE CHART

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

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

