



HOW TO MEASURE

- A Chest:**
Measure around the fullest part, under the armpits, keeping the tape horizontal.

B Waist:
Measure around the natural waist line, inline with the navel, keeping the tape horizontal.

C Hip:
Measure around the fullest part of your hips, about 20cm below waist line, keeping the tape horizontal.

D Thigh:
Measure around the thigh just below the crotch, 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						
INTL SIZE	U.S. SIZE	YEARS OF AGE	A CHEST (CM)	B WAIST (CM)	C HIP (CM)	D THIGH (CM)	E INSEAM (CM)	F OUTER ARM (CM)	G HEIGHT (CM)
S	22	6-7	60.5-65.5	54-58	68-72	40-42	51.1-56.5	39-43	109-120
M	24	8-10	65.5-70.5	58-62	72-76	42-44	56.5-61.5	43-47	120-130
L	26	11-12	70.5-75.5	62-66	76-80	44-46	61.5-66.5	47-51	130-145
XL	28	13-14	75.5-80.5	66-70	80-84	46-48	66.5-71.5	51-55	145-159
INTL SIZE	U.S. SIZE	YEARS OF AGE	A CHEST (INCHES)	B WAIST (INCHES)	C HIP (INCHES)	D THIGH (INCHES)	E INSEAM (INCHES)	F OUTER ARM (INCHES)	G HEIGHT (INCHES)
S	22	6-7	23 7/8-25 3/4	21 1/4-22 7/8	26 3/4-28 3/8	15 3/4-16 1/2	20 1/8-22 1/4	15 3/4-16 1/4	37"-3'11"
M	24	8-10	25 3/4-27 3/4	22 7/8-24 3/4	28 3/4-29 7/8	16 1/2-17 3/8	22 1/4-24 1/4	16 7/8-18 1/2	3'11"-4'3"
L	26	11-12	27 3/4-29 3/4	24 3/4-26	29 7/8-31 1/2	17 3/8-18 1/8	24 1/4-26 1/8	18 1/2-20 1/8	4'3"-4'9"
XL	28	13-14	29 3/4-31 3/4	26-27 1/2	31 1/2-33 1/8	18 1/8-18 7/8	26 1/8-28 1/8	20 1/8-21 3/8	4'9"-5'3"