

Sizing measurements: Centimeters

men's	XS	S	M	L	XL	XXL
chest	87	93	99	105	111	117
waist	75	81	87	93	99	105
seat	89	95	101	107	113	119
shoulder & sleeve length	78	80	82	84	86	88
inside leg length	82	84	86	88	90	92
length	172	176	180	184	188	192

women's	XS	S	M	L	XL	XXL
chest	79	84	90	96	102	110
waist	65	70	76	82	88	96
seat	87	92	98	104	110	118
shoulder & sleeve length	71	73	75	77	79	81
inside of leg length	79	81	82	84	85	87
length	164	167	170	173	176	179

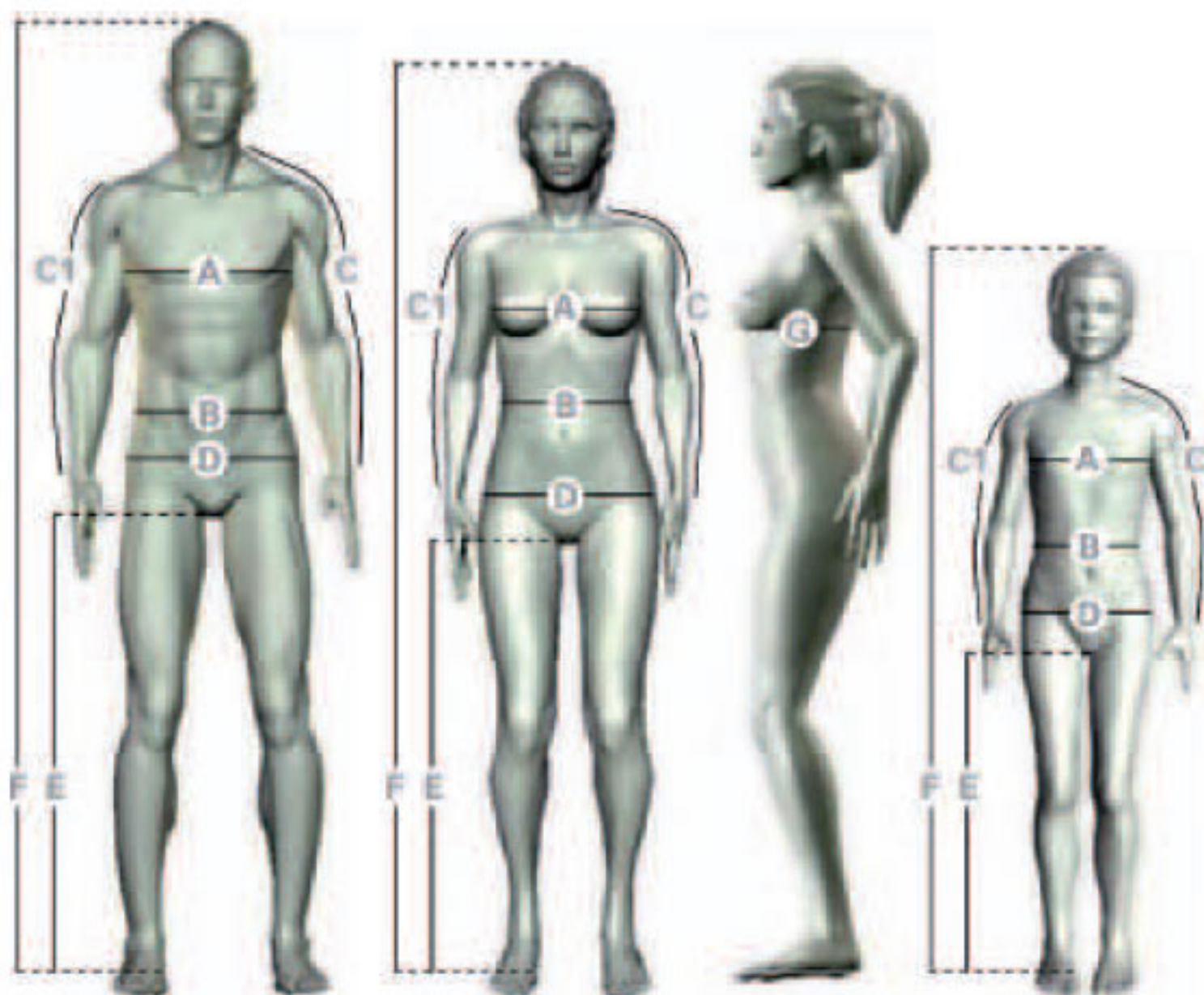
women's	34	36	38	40	42	44
chest	80	84	88	92	96	100
waist	68	72	76	80	84	88
seat	88	92	96	100	104	108
sleeve length	60	61	62	64	65	66
length	166	168	170	172	174	176

junior	cl	110/116	122/128	134/140	146/152	158/164
	year	4 - 6	6 - 8	8 - 10	10 - 12	12 - 14
	inches	43 - 46	48 - 50	53 - 55	57 - 60	62 - 65
chest		61	65	70	76	82
waist		58	59	63	67	70
seat		63	67	73	80	86
shoulder & sleeve length		48	52	57	62	68
inside of leg length		51	58	65	71	78
length		116	128	140	152	164

junior	100	110	120	13	140	150	160	170
chest	55	58	62	66	70	74	78	82
waist	52	54	57	60	63	66	69	72
seat	57	60	64	68	73	78	83	88
sleeve length	33	36,5	40	43,5	47	50,5	54	57,5
length	100	110	120	130	140	150	160	170

socks	XS	S	M	L	XL
	34-36	37-39	40-42	43-45	46-48

sports bra	XS	S	M	L	XL	XXL
around body under the bust	70	75	80	85	90	95



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.

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.

C1. Sleeve length

Measure from 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.

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.

G. Under the bust

Wrap the tape around