

- Measurement information  
*Please make all measurements close up to the body and in cm*
- 1 Height Measure from head to toe, without wearing shoes. It works better by the door frame.
- 2 Chest Measure horizontally across the most prominent part of the chest.
- 3 Waist Measure the waist at the narrowest part of the torso.
- 4 Hips Use the tape to measure the most prominent part of the bottom.
- 5 Inside leg length

Vertical distance between the crotch and the floor.

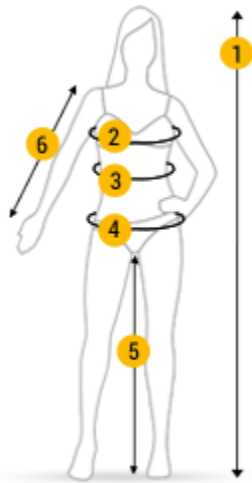
**Average inside leg length length for women:**

79 cm (normal), 75 cm (short), 83 cm (long)

**Average inside leg length length for men:**

83 cm (normal), 78 cm (short), 88 cm (long)

- 6 Arm length To determine the arm length, measure the outer part of the arm, from the top of the arm, over the elbow, and down to the wrist. The elbow should be at a slight angle.



**NORMAL SIZES**

Size	XS	S		M	L		XL	XXL
	34	36	38	40	42	44	46	48
inch								

Waist (W)	27	28	29	30/31	32/33	34	35	36
Inseam (L)	31	31	31	31	32	32	32	32
<b>cm</b>								
1 Height	166-168	166-168	168-170	168-170	170-172	170-172	170-172	170-172
2 Chest	82-86	86-90	90-94	94-98	98-102	102-106	106-110	110-114
3 Waist	63-67	67-71	71-75	75-79	79-83	83-87	87-91	91-95
4 Hips	87-91	91-95	95-99	99-103	103-107	107-111	111-115	115-119
5 Inside leg	78	78	79	79	80	80	80	80
6 Arm	59	59	60	60	61	61	61	61

## SHORT SIZES

	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	
<b>inch</b>								
Waist (W)	27	28	29	30/31	32/33	34	35	
Inseam (L)	29	29	29	29	30	30	30	
<b>cm</b>								
1 Height	159-161	159-161	161-163	161-163	163-165	163-165	163-165	
2 Chest	82-86	86-90	90-94	94-98	98-102	102-106	106-110	
3 Waist	63-67	67-71	71-75	75-79	79-83	83-87	87-91	
4 Hips	87-91	91-95	95-99	99-103	103-107	107-111	111-115	
5 Inside leg	74	74	75	75	76	76	76	
6 Arm	56	56	57	57	58	58	58	

## TALL SIZES

	<b>68</b>	<b>72</b>	<b>76</b>	<b>80</b>	<b>84</b>	<b>88</b>	<b>92</b>
<b>inch</b>							

Waist (W)	27	28	29	30/31	32/33	34	35
Inseam (L)	32	32	33	33	33	33	33
<b>cm</b>							
1 Height	173-175	173-175	175-177	175-177	177-179	177-179	177-179
3 Waist	63-67	67-71	71-75	75-79	79-83	83-87	87-91
4 Hips	87-91	91-95	95-99	99-103	103-107	107-111	111-115
5 Inside leg	82	82	95-100	83	84	84	84