

BODY MEASUREMENTS CHARTS

1. Chest girth:

The chest has to be measured at the widest part around the body.

2. Waist girth:

The waist has to be measured at the slimmest part around the body.

3. Buttock/Seat girth:

The backside has to be measured at the strongest part around the body.

4. Inseam/Crotch length:

The distance from the sole of foot (on the inside) along the leg until the crotch has to be measured.

5. Arm length:

it has to be measured from the top shaping /shoulder along the bent elbow down to the wrist.



Men's sizes normal

Sizes	42	44	46	48	50	52	54	56	58	60	62
Chest girth	88	92	96	100	104	108	112	116	120	124	128
Waist girth	76	80	84	88	92	98	102	108	112	118	122
Buttock girth	96	100	104	108	112	116	120	124	128	132	136
Inseam length	80	80	80	81	82	83	84	85	86	87	88

Men's sizes with longer legs

Sizes	82	86	90	94	98	102	106	110	114	118	122
Chest girth	88	92	96	100	104	108	112	116	120	124	128
Waist girth	76	80	84	88	92	98	102	108	112	118	122
Buttock girth	96	100	104	108	112	116	120	124	128	132	136
Inseam length	86	86	86	87	88	89	90	91	92	93	94

Men's sizes with shorter legs

Sizes	21	22	23	24	25	26	27	28	29	30	31
Chest girth	88	92	96	100	104	108	112	116	120	124	128
Waist girth	76	80	84	88	92	98	102	108	112	118	122
Buttock girth	96	100	104	108	112	116	120	124	128	132	136
Inseam length	74	74	74	75	76	77	78	79	80	81	82

Ladies sizes

Sizes	34	36	38	40	42	44	46	48	50	52	54	56	58
Bust measurement	80	84	88	92	96	100	104	110	116	122	128	134	140
Waist girth	65	68	72	76	80	84	88	94	101	107	122	120	127
Buttock girth	90	94	97	100	103	106	109	114	119	132	124	137	139

Unisex sizes

Sizes	XS	S	M	L	XL	XXL	3XL	4XL
Ladies sizes	32/34	36/38	40/42	44/46	48/50	52/54	56/58	
Men's sizes	38/40	42/44	46/48	50/52	54/56	58/60	62/64	66/68