

TOPS

1. CHEST

Place the tape measure under your armpits and measure across the chest at its greatest point. Don't forget to keep the tape

2. SLEEVE

Measure from the outer edge of your shoulder, down over the elbow and on to the wrist bone.

JEANS & TROUSERS

3. WAIST

Measure around your waist where your trousers or jeans usually sit.

4. INSIDE LEG

Measure from the crotch, where the inside of your leg begins and down to your ankle.



-1	xs	S	н	L	XL	XXL
CHEST	92	96	100	104	112	120
SLEEVE	62	62.2	62.3	62.5	63	63.5



	xs	s	н	L	XL	XXL
WAIST	76	81	86	91	96	101
INSIDE LEG	78	79	80	81	82	83



	28	29	30	31	32	33	34	36	38	40
WAIST	76	78.6	81	83.5	86	88.5	91	96	101	106
INSIDE LEG 30"	76	76	76	76	76	76	76	76	76	76
INSIDE LEG 32"	81	81	81	81	81	81	81	81	81	81
INSIDE LEG 34"	86	86	86	86	86	86	86	86	86	86
INSIDE LEG 36"	91	91	91	91	91	91	91	91	91	91
INSIDE LEG 38"	96	96	96	96	96	96	96	96	96	96



	44	46	48	50	52	54	56	58	68
CHEST	88	92	96	100	104	108	112	116	120
SLEEVE	61.8	62	62.2	62.3	62.5	62.7	62.8	63	63.2
	44	46	48	50	52	54	56	58	60
WAIST	92	96	100	104	112	120	120	120	120
NSIDE LEG	62	62.2	62.3	62.5	63	63.5	63.5	63.5	63.5



SHOES

EU 40 41 42 43 44 45 46

UK 6 7 8 9 10 11 12