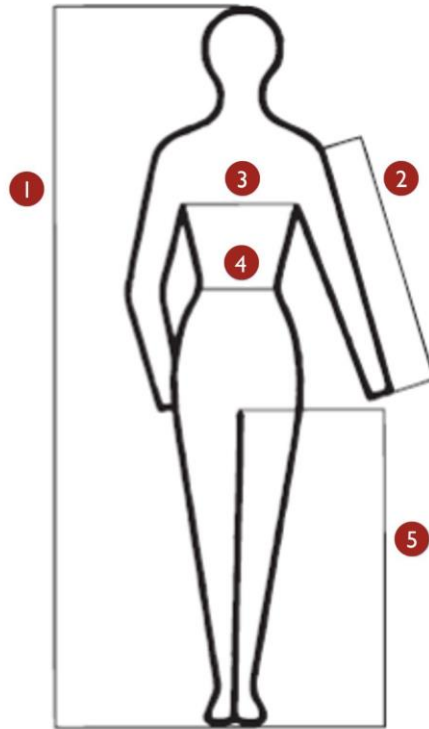


- 1 height
- 2 arm's length
- 3 bust
- 4 waist
- 5 inside leg



- Bust:** Measure horizontally at the strongest position.  
**Waist:** Measure waist horizontally.  
**Bottom:** Measure horizontally at the strongest position.  
**Inside leg:** Measure inside leg from crotch to bottom of trouser leg.  
**Arm's length:** Measure from beginning of shoulder to beginning of hand.

**Hint:** Tights and warmers are delivered with an adjustable waistband and are generally very elastic due to its spandex content.

### Men's sizes

Size	44	46	48	50	52	54	56	58	60	62
Bust cm	88	92	96	100	104	108	112	116	120	124
Arm's length cm	59	61	62	63	64	65	65	66	66	67
Waist cm	76	80	84	88	92	98	102	108	112	118
Bottom cm	96	100	104	108	112	116	120	124	128	132
Inside leg cm	78	80	82	83	84	85	86	86	87	87

### Women's sizes

Size	36	38	40	42	44	46	48	50	52	54
Bust cm	84	88	92	96	100	104	110	116	122	128
Waist cm	68	72	76	80	84	88	94	101	107	114
Bottom cm	94	97	100	103	106	109	114	119	124	129

### Unisex sizes (conversion table)

Size	S	M	L	XL	XXL
Women	36/38	40/42	44/46	48/50	52/54
Men	44/46	48/50	52/54	56/58	60/62