

# THIS IS HOW YOU FIND THE RIGHT SIZE!

Take your measurements according to the instructions below. Wear close fitting underwear when measuring. Width is measured around circumference. Check the sizes available in each garment before ordering. Not every size is made in each model.

## HOW TO TAKE YOUR MEASUREMENTS

### A Chest

Measure horizontally across the widest part of the chest/bust. Make sure you keep the tape measure straight across your back.

### B Waist

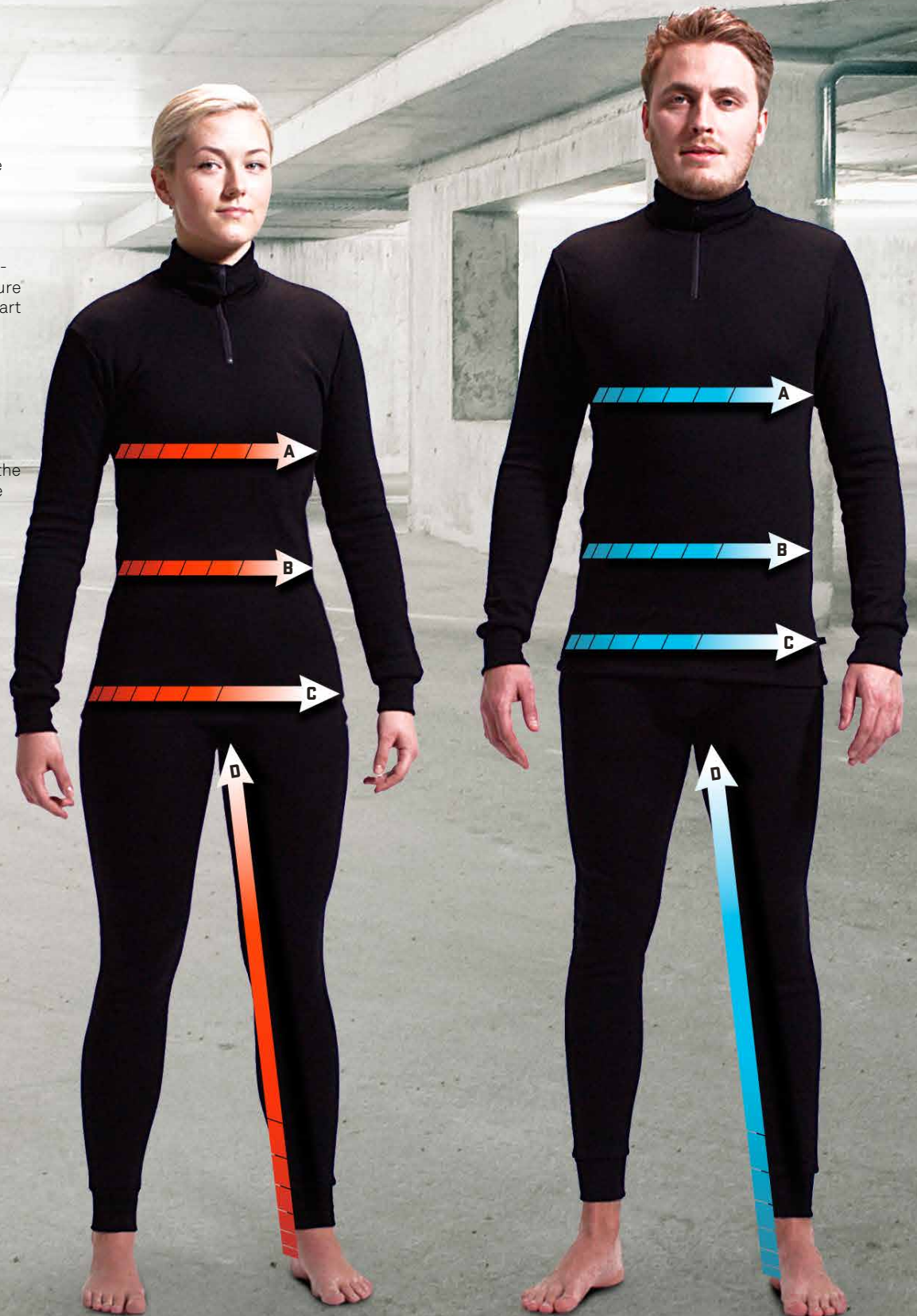
Men and children: Measure horizontally at navel height. Women: Measure horizontally across the narrowest part of the waist.

### C Hip

Measure horizontally across the broadest part of the hip.

### D Inside leg

Measure from crotch to just below the ankle bone. Make sure you keep the tape measure straight.



**MEN'S SIZES**

Regular	XS		S	M		L	XL		XXL	3XL		4XL	5XL	6XL
Swedish Size E: (176-180cm)	C42	C44	C46	C48	C50	C52	C54	C56	C58	C60	C62	C64	-	-
<b>UK Size</b>	R28	R30	R32	R33	R34	R36	R38	R40	R42	R44	R46	R48	-	-
A Chest	84	88	92	96	100	104	108	112	116	120	124	128	134	140
B Waist	72	76	80	84	88	92	97	102	107	112	117	122	129	137
C Hips	88	92	96	100	104	107	110	113	116	119	122	125	-	-
D Inside leg	77	78	79	80	81	82	83	84	84	85	85	85	-	-

Short	D84		D88	D92	D96	D100	D104	D108	D112	D116	D120	D124	D128	D132	D136
Swedish Size E: (170-174 cm)	D84	D88	D92	D96	D100	D104	D108	D112	D116	D120	D124	D128	D132	D136	
<b>UK Size</b>	S30	S32	S34	S36	S37	S39	S41	S43	S45	S47	S49	S51	S53	S55	
A Chest	84	88	92	96	100	104	108	112	116	120	124	128	132	136	
B Waist	78	82	86	90	94	98	103	108	113	118	123	128	133	138	
C Hips	90	94	98	102	106	109	112	115	118	121	124	127	130	133	
D Inside leg	74	74	75	76	77	78	79	79	80	80	81	81	81	81	

Long	C146		C148	C150	C152	C154	C156	C158
Swedish Size E: (182-186 cm)	C146	C148	C150	C152	C154	C156	C158	
<b>UK Size</b>	L32	L33	L34	L36	L38	L40	L42	
A Chest	92	96	100	104	108	112	116	
B Waist	80	84	88	92	97	102	107	
C Hips	96	100	104	107	110	113	116	
D Inside leg	83	84	85	86	87	88	89	



**WOMEN'S SIZES**

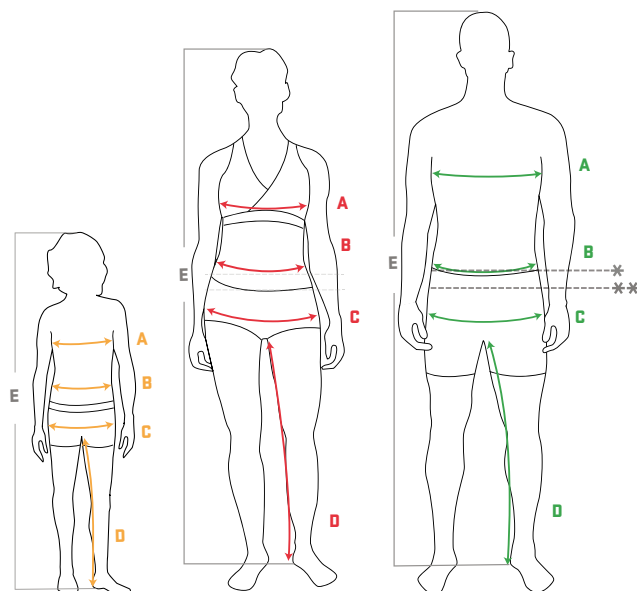
Regular	XS		S		M		L	XL		XXL	3XL	
Swedish Size E: 168 cm (± 4 cm)	C30	C32	C34	C36	C38	C40	C42	C44	C46	C48	C50	C52
<b>UK Size*</b>	2	4	6	8	10	12	14	16	18	20	22	24
A Chest	72	76	80	84	88	92	96	100	104	110	116	122
B Waist	62	65	68	71	74	78	82	86	90	95	101	107
C Hips	84	87	90	93	96	99	102	106	110	115	120	
D Inside leg	77	77	77	78	79	80	81	82	83	83	83	

Short	D19		D20	D21	D22	D23	D24	D25
Swedish Size E: 162 cm (± 4 cm)	D19	D20	D21	D22	D23	D24	D25	
<b>UK Size*</b>	S12	S14	S16	S18	S20	S22	S24	
A Chest	88	92	96	100	104	110	116	
B Waist	77	81	85	89	93	98	104	
C Hips	102	105	108	112	116	121	126	
D Inside leg	75	76	77	78	79	79	79	

\* The UK sizing should be used as a guideline only. Please measure yourself according to the diagram shown and if in doubt, we suggest ordering 1 size larger than your usual to give a comfortable fit.

**CHILDREN'S SIZES**

Centimetre size	104	116	128	140	152	164
Age	4	6	8	10	12	14
A Chest	55	58	62	67	73	79
B Waist	52	54	55	56	63	66
C Hips	58	62	66	72	79	85
D Inside leg	40	48	56	63	70	77



\*Normal waist \*\*Lower waist