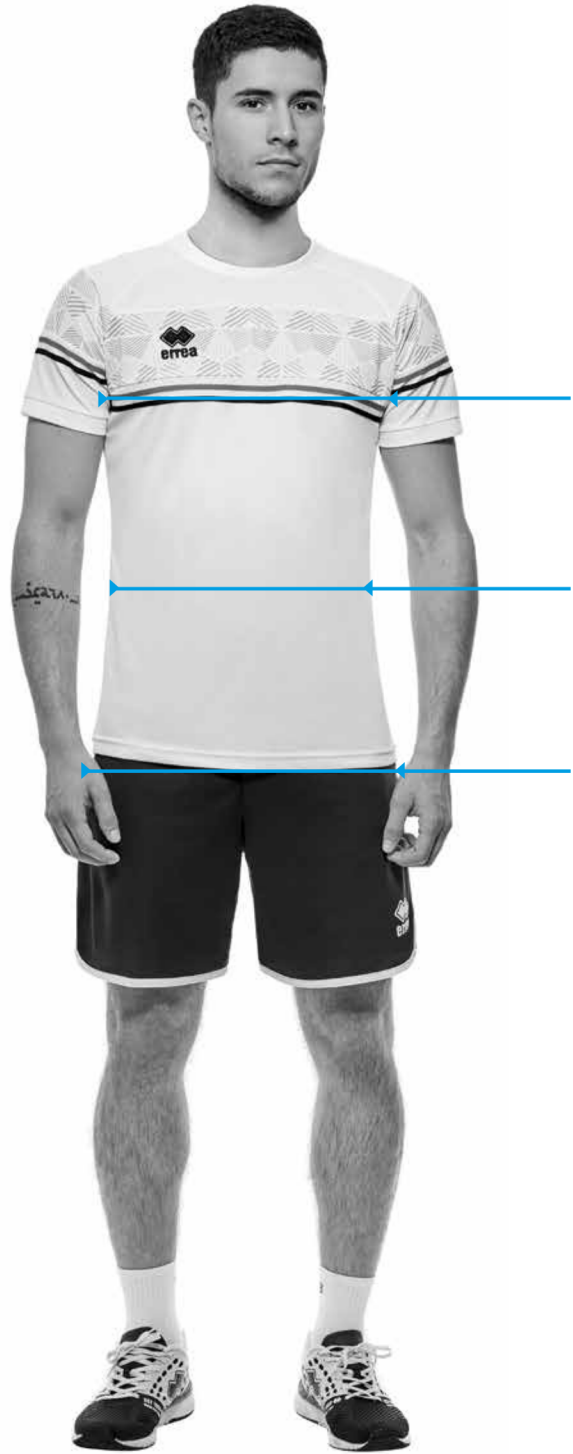


# SIZES TABLE: HOW TO GET THE RIGHT SIZES

## 1. Height

Stand barefoot, against a wall in an upright position, making sure that the shoulder blades, buttocks and heels are firmly against the wall. Ask a team leader to, with a light pressure on the hair, mark the point level with the top of the skull with a pencil. Measure the height with a tape-measure.



## 2. Chest

The chest circumference is measured while standing, with arms relaxed by your sides and with your palms facing your thighs. The tape-measure should be placed just below the nipples for men, and immediately below the breasts for women.

## 3. Weist

Measure around the narrowest part, keeping the tape horizontal.

## 4. Hips

Measure the circumference of the hips, in line with the top of the buttocks and keeping the tape horizontal.

## 1. Height

Stand barefoot, against a wall in an upright position, making sure that the shoulder blades, buttocks and heels are firmly against the wall. Ask a team leader to, with a light pressure on the hair, mark the point level with the top of the skull with a pencil. Measure the height with a tape-measure.



TAGLIE UOMO / SIZES MAN / TAILLES HOMME										
	EU	IT	TORACE CHEST POITRINE		VITA WAIST TAILLE		FIANCHI HIPS FLANCS		ALTEZZA HEIGHT HAUTEUR	
			cm	inches	cm	inches	cm	inches	cm	inches
KID	<b>3YXS</b>	<b>22-24</b>							98-108	39-42.5
	<b>2YXS</b>	<b>26-28</b>							110-120	42.5-47.2
JUNIOR	<b>YXS</b>	<b>30-32</b>	64-72	25-28	54-60	21.26-24	66-74	26-29	122-132	48-52
	<b>XXS</b>	<b>34-36</b>	72-80	28-31	60-66	24-26	74-82	29-32	134-144	52.8-56.7
	<b>XS</b>	<b>38-40</b>	80-88	31-35	66-72	26-28	82-90	32-35	146-156	57.5-61.4
ADULT	<b>S</b>	<b>42-44</b>	90-94	35-37	72-76	28-30	92-96	36-38	167-172	65.7-67.7
	<b>M</b>	<b>46-48</b>	94-98	37-39	76-80	30-31	96-100	38-39.4	173-178	68.1-70.1
	<b>L</b>	<b>50-52</b>	98-102	39-40.2	80-84	31-33	100-104	39.4-40.9	179-184	70.5-72.4
	<b>XL</b>	<b>54</b>	102-106	40.2-41.7	84-88	33-35	104-108	40.9-42.5	185-190	72.8-74.8
	<b>XXL</b>	<b>56</b>	106-110	41.7-43.3	88-92	35-36	108-112	42.5-44.1	191-196	75.2-77.2
	<b>3XL</b>	<b>58</b>	110-114	43.3-44.9	92-94	36-37	112-116	44.1-45.7	197-202	77.6-79.5
	<b>4XL</b>	<b>60</b>	114-118	44.9-46.5	94-96	37-38	116-120	45.7-47.2	203-208	79.9-81.9

TAGLIE DONNA / SIZES WOMAN / TAILLES FEMME										
	EU	IT	TORACE CHEST POITRINE		VITA WAIST TAILLE		FIANCHI HIPS FLANCS		ALTEZZA HEIGHT HAUTEUR	
			cm	inches	cm	inches	cm	inches	cm	inches
KID	<b>3YXS</b>	<b>24-26</b>							98-108	39-42.5
	<b>2YXS</b>	<b>26-28</b>							110-120	42.5-47.2
JUNIOR	<b>YXS</b>	<b>30-32</b>	64-72	25-28	54-60	21.26-24	66-74	26-29	122-132	48-52
	<b>XXS</b>	<b>34-36</b>	72-80	28-31	60-66	24-26	74-82	29-32	134-144	52.8-56.7
	<b>XS</b>	<b>38-40</b>	80-88	31-35	66-72	26-28	82-92	32-36	146-156	57.5-61.4
ADULT	<b>S</b>	<b>42-44</b>	84-88	33-35	68-72	27-28	92-96	36-38	164-168	64.6-66.1
	<b>M</b>	<b>46-48</b>	88-92	35-36	72-76	28-30	96-100	38-39.4	169-173	66.5-68.1
	<b>L</b>	<b>50-52</b>	92-96	36-38	76-80	30-31	100-104	39.4-40.9	174-178	68.5-70.1
	<b>XL</b>	<b>54</b>	96-100	38-39.4	80-84	31-33	104-108	40.9-42.5	179-183	70.5-72
	<b>XXL</b>	<b>56</b>	100-104	39.4-40.9	84-88	33-35	108-112	42.5-44.1	184-188	72.4-74
	<b>3XL</b>	<b>58</b>	104-108	40.9-42.5	88-92	35-36	112-116	44.1-45.7	189-193	74.4-76
	<b>4XL</b>	<b>60</b>	108-112	42.5-44.2	92-96	36-38	116-120	45.7-47.2	194-198	76.4-78