

MEN'S PANTS GUIDE

SIZE	WAIST (CM)	WAIST (CM)	INSEAM (CM)	INSEAM (INCH)
28	72	28	81	32
30	77	30	81	32
32	82	32	81	32
34	87	34	81	32
36	92	36	81	32
38	97	38	81	32
40	102	40	81	32
42	107	42	81	32
44	112	44	81	32

MEN'S SHORTS GUIDE

SIZE	WAIST (CM)	WAIST (CM)
28	72	28
30	77	30
32	82	32
34	87	34
36	92	36
38	97	38
40	102	40
42	107	42
44	112	44

MEN'S TOPS GUIDE

SIZE	CHEST (CM)	CHEST (INCH)
S	92	36
M	97	38
L	102	40
XL	107	42
XXL	112	44
XXXL	117	46

WOMEN'S PANTS GUIDE

SIZE	WAIST (CM)	HIP (CM)	CONVERT TO MEN'S
6	63	88	26
8	68	93	28
10	73	98	30
12	78	103	32
14	83	108	34
16	88	113	36
18	93	118	38