

SIZE
GUIDE



HOW TO
MEASURE?

Measure specific areas using tape measure tightly and not over clothing. Also keep muscles in a relaxed state.

Measure **CHEST** circumference around the widest point of the chest, under armpits and over the shoulder blades.

Measure **BUST** circumference around the fullest point of the bust, under armpits and over the shoulder blades.

Measure **UPPER ARM** circumference 2.5 CM [1 inch] above the widest point of the muscle.

Measure **WAIST** circumference above the hipbones and across the belly button.

Measure **HIP** circumference around the widest point of the hips.

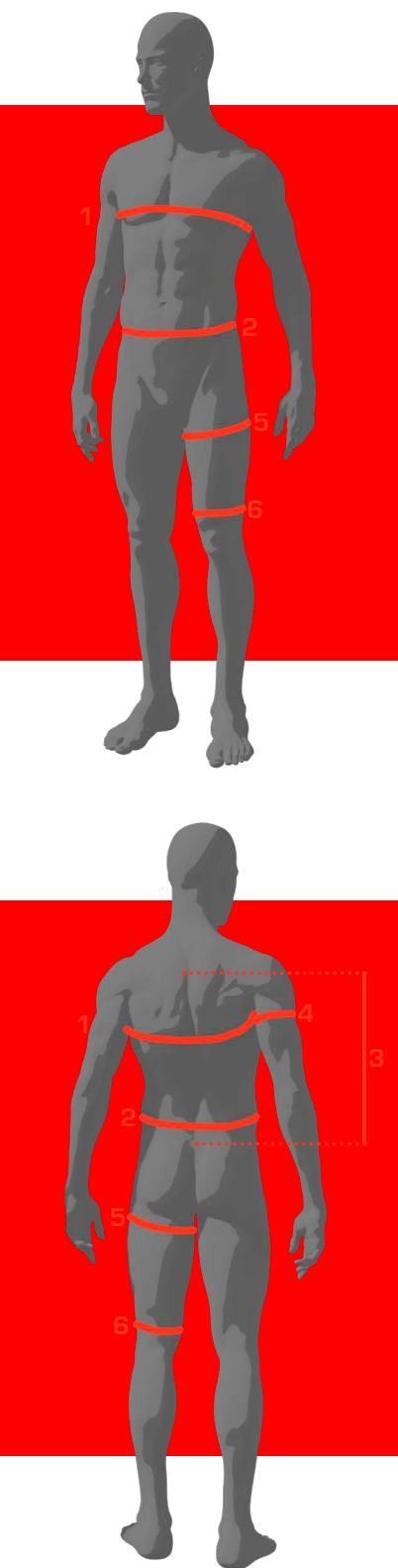
Measure **UPPER LEG** circumference at the widest point of the leg, approximately 7 CM [2.8 inch] below the crotch.

Measure **ABOVE KNEE** circumference approximately 7.5 CM [2.9 inch] above the knee cap.

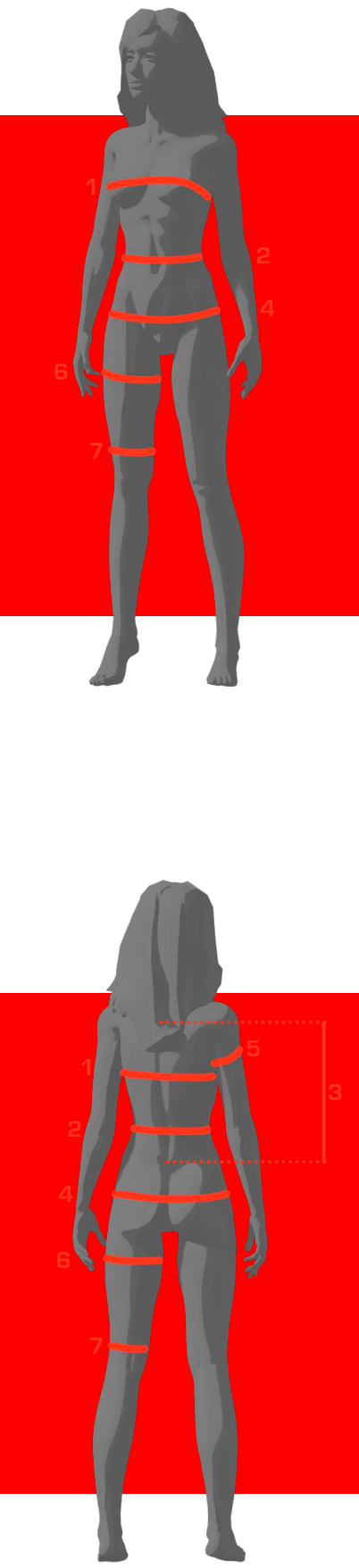
Measure **BACK LENGTH** from the most prominent bone at base of neck to the waistline just above the hipbones.

!! NOTE: When measurements are in between sizes we always recommend to choose the smaller size.

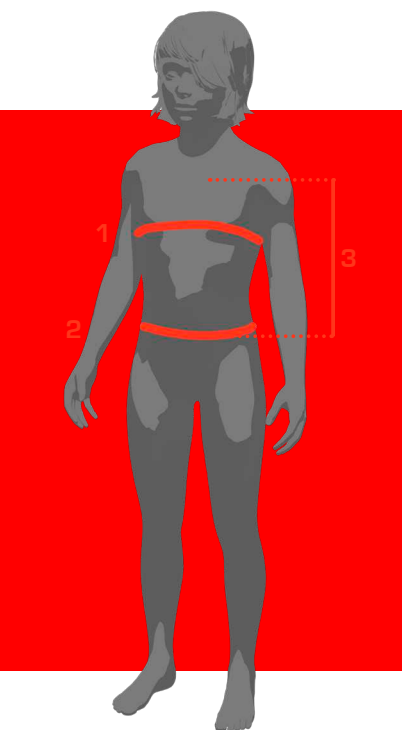
Size guide for limb protection refers to the elbow and knee protectors. (seperate sleeves).



MEN / UNISEX		S	M	L	XL	2XL
Upper Body Protection						
1. Chest	cm	88 - 92	96 - 100	104 - 108	112 - 116	120 - 124
	inch	34 5/8 - 36 1/4	37 3/4 - 39 3/8	41 - 42 1/2	44 1/8 - 45 5/8	47 1/4 - 48 7/8
2. Waist	cm	73,5 - 78,5	81 - 86	88,5 - 93,5	96 - 101	105,5 - 108,5
	inch	29 - 31	32 - 34	35 - 37	38 - 40	41 - 43
3. Back length	cm	UP TO 48	UP TO 53	UP TO 56	UP TO 56	UP TO 56
	inch	18 7/8	20 7/8	22	22	22
Lower Body Protection						
2. Waist	cm	73,5 - 78,5	81 - 86	88,5 - 93,5	96 - 101	105,5 - 108,5
	inch	29 - 31	32 - 34	35 - 37	38 - 40	41 - 43
Limb Protection						
4. Upper arm	cm	25	28	32	35	38
	inch	9 7/8	11	12 5/8	13 3/4	15
5. Upper leg	cm	49	53	58	62	66
	inch	19 1/4	20 7/8	22 7/8	24 3/8	26
6. Above knee	cm	39	42	44	46	48
	inch	15 3/8	16 1/2	17 3/8	18 1/8	18 7/8



WOMEN		XS	S	M	L
Upper Body Protection					
1. Bust	cm	79 - 83	85 - 89	91 - 95	98 - 103
	inch	31 1/8 - 32 3/4	33 1/2 - 35	35 3/4 - 37 3/8	38 5/8 - 40 5/8
2. Waist	cm	63 - 66	67 - 71	72 - 76	78 - 82
	inch	24 3/4 - 26	26 3/8 - 28	28 1/4 - 29 7/8	30 3/4 - 32 1/4
3. Back length	cm	UP TO 48	UP TO 48	UP TO 53	UP TO 53
	inch	18 7/8	18 7/8	20 7/8	20 7/8
Lower Body Protection					
2. Waist	cm	63 - 66	67 - 71	72 - 76	78 - 82
	inch	24 3/4 - 26	26 3/8 - 28	28 1/4 - 29 7/8	30 3/4 - 32 1/4
4. Hip	cm	84 - 88	90 - 94	96 - 100	102 - 107
	inch	33 1/8 - 34 5/8	35 3/8 - 37	37 3/4 - 39 3/8	40 1/4 - 42 1/8
Limb Protection					
5. Upper arm	cm	N/A	25	28	32
	inch	N/A	9 7/8	11	12 5/8
6. Upper leg	cm	N/A	49	53	58
	inch	N/A	19 1/4	20 7/8	22 7/8
7. Above knee	cm	N/A	39	42	44
	inch	N/A	15 3/8	16 1/2	17 3/8



JUNIOR		JS	JM
Upper Body Protection			
1. Chest	cm	65 - 71	72 - 78
	inch	25 9/16 - 27 15/16	28 5/16 - 30 3/4
2. Waist	cm	59 - 62	63 - 66
	inch	23 1/4 - 24 7/16	24 3/4 - 26
3. Back length	cm	UP TO 44	UP TO 48
	inch	17 5/16	18 7/8
Lower Body Protection			
2. Waist	cm	59 - 62	63 - 66
	inch	23 1/4 - 24 7/16	23 3/4 - 26