



Female Size Metric Units

Weight _{kg} Height	40-46	42-48	44-50	46-52	48-54	50-56	52-58	54-60	56-62	58-64	60-66	62-68	64-70
150-156	2XST	XS	SS										
154-160		2XSTT	XST	S	MS								
158-164				XSTT	ST	M	LS						
162-168						STT	MT	L	XLS				
166-172								MTT	LT	XL	2XLS		
170-176										LTT	XLT	2XL	3XLS
174-180												XLTT	

women	Extra Small					Small					Standard					Short				
Height	Weight (kg)	Chest (cm)	Waist (cm)	Hips (cm)		Weight (kg)	Chest (cm)	Waist (cm)	Hips (cm)		Weight (kg)	Chest (cm)	Waist (cm)	Hips (cm)		Weight (kg)	Chest (cm)	Waist (cm)	Hips (cm)	
150-156	-	-	-	-	-	2XST	40-46	70-74	55-59	76-80	XS	42-48	74-78	59-63	80-84	SS	44-50	78-82	63-67	84-88
154-160	2XSTT	42-48	70-74	55-59	76-80	XST	44-50	74-78	59-63	80-84	S	46-52	78-82	63-67	84-88	MS	48-54	82-86	67-71	88-92
158-164	XSTT	46-52	74-78	59-63	80-84	ST	48-54	78-82	63-67	84-88	M	50-56	82-86	67-71	88-92	LS	52-58	86-90	71-75	92-96
162-168	STT	50-56	78-82	63-67	84-88	MT	52-58	82-86	67-71	88-92	L	54-60	86-90	71-75	92-96	XLS	56-62	90-94	75-79	96-100
166-172	MTT	54-60	82-86	67-71	88-92	LT	56-62	86-90	71-75	92-96	XL	58-64	90-94	75-79	96-100	2XLS	60-66	94-98	79-83	100-104
170-176	LTT	58-64	86-90	71-75	92-96	XLT	60-66	90-94	75-79	96-100	2XL	62-68	94-98	79-83	100-104	3XLS	64-70	98-102	83-87	104-108
174-180	XLTT	62-68	90-94	75-79	96-100	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

CHEST:measure horizontally over nipples,at its max amplitude

WAIST:at the narrowest place above belly button

HIP: at the maximum place around hip



Male Size Metric Units

Weight _(kg) / Height _(cm)	53-61	56-64	59-67	62-70	65-73	68-76	71-79	72-80	77-85	80-88	83-91	86-94	89-97
160-167	XST	S	MS										
165-172		XSTT	ST	M	LS								
170-177				STT	MT	L	XLS						
175-182						MTT	LT	XL	2XLS				
180-187								LTT	XLT	2XL	3XLS		
185-192										XLTT	2XLT	3XL	4XLS
190-197												2XLTT	

women Height	Extra Small					Small					Standard					Short				
	Weight (kg)	Chest (cm)	Waist (cm)	Hips (cm)		Weight (kg)	Chest (cm)	Waist (cm)	Hips (cm)		Weight (kg)	Chest (cm)	Waist (cm)	Hips (cm)		Weight (kg)	Chest (cm)	Waist (cm)	Hips (cm)	
160-167	-	-	-	-	-	XST	53-61	82-87	69-74	84-89	S	56-64	87-92	74-79	89-97	MS	59-67	92-97	79-84	97-102
165-172	XSTT	56-64	82-87	69-74	84-89	ST	59-67	87-92	74-79	89-97	M	62-70	92-97	79-84	97-102	LS	65-73	97-102	84-89	99-107
170-177	STT	62-70	87-92	74-79	89-97	MT	65-73	92-97	79-84	97-102	L	68-76	97-102	84-89	99-107	XLS	71-79	102-107	89-94	104-109
175-182	MTT	68-76	92-97	79-84	97-102	LT	71-79	97-102	84-89	99-107	XL	74-82	102-107	89-94	104-109	2XLS	77-85	107-112	94-99	109-114
180-187	LTT	74-82	97-102	84-89	99-107	XLT	77-85	102-107	89-94	104-109	2XL	80-88	107-112	94-99	109-114	3XLS	83-91	112-117	99-104	114-119
185-192	XLTT	80-88	102-107	89-94	104-109	2XLT	83-91	107-112	94-99	109-114	3XL	86-94	112-117	99-104	114-119	4XLS	89-97	117-122	104-109	119-124
190-197	2XLTT	86-94	107-112	94-99	109-114	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

CHEST:measure horizontally over nipples,at its max amplitude

WAIST:at the narrowest place above belly button

HIP: at the maximum place around hip