

BETTER BODIES MENS SIZE GUIDELINE

Start by checking your height and weight graph below. It will give you a good indicator to your correct size. Follow the instructions below.

	S	M	L	XL	XXL
195 cm / 6.4 ft					
190 cm / 6.2 ft					
185 cm / 6.1 ft					
180 cm / 5.9 ft					
175 cm / 5.7 ft					
170 cm / 5.6 ft					
165 cm / 5.4 ft					
	60x-70 kg/132-154 lbs	70-80 kg/154-176 lbs	80-90 kg/176-198 lbs	90-100 kg/198-220 lbs	100-110 kg/220-242 lbs

MEASURE YOUR BODY

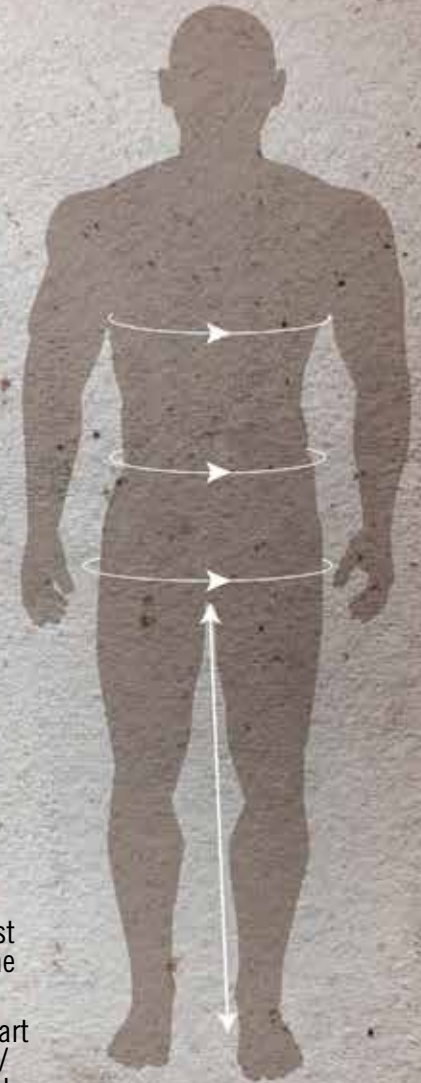
- Use a measuring tape for the below measurements.
- Body measurements are listed in centimeters and inches.
- If your body measurement is on the borderline of two sizes, order the smaller size for a tighter fit or the larger size for a looser fit.
- If your body measurements for your chest and waist results in two different suggested sizes, order the size that fits your chest measurement.

||||| = recommended size
 ||||| = choose between tight or loose fit

cm	S	M	L	XL	XXL
Chest	102	108	114	120	126
Waist	76	82	88	94	100
Seat	93	99	105	111	117
Inseam	80	81	82	83	84

inch	S	M	L	XL	XXL
Chest	40 1/6	42 1/2	44 7/8	47 1/4	49 3/5
Waist	29 8/9	32 2/7	34 5/8	37	39 3/8
Seat	36 5/8	39	41 1/3	43 5/7	46 1/9
Inseam	31 1/2	31 8/9	32 2/7	32 2/3	33 1/9

- WAIST** Measure around the narrowest part of your waist, keeping the tape horizontal.
- CHEST** Measure around the fullest part of your chest (approx. 2,5cm / 1 inch down from armpit) and back while keeping the tape horizontal.
- SEAT** Measure around the fullest part of your rear while keeping the tape horizontal.
- INSEAM** Measure along your leg from crotch down to floor, while standing straight (use the help of a friend).



DISCLAIMER All of the above are guidelines to assist you in finding your correct size. In the end it is always up to you to decide what size to choose based on what you are most comfortable in.

