## **Flexitog Clothing Sizing Guide**

## Measuring guide:

Measurements displayed are based on body measurements (not actual garment measurements)

Measure your chest: measurements should be taken from under the arm and around the full girth of your body

Measure your waist: measurements should be taken from around the hips, if in doubt go up a size!

	XS	S	М	L		XL		2XL		3XL		4XI	L	5	XL		6XL	
CHEST INCHES	34	36	38	40-42	2	44-46		48-50		52-	52-54		59-58		60-62		64-66	
CHEST CM	86.5	91.5	96.5	101.5 106.5		112-1	17	122	2-127	132 137		14 14	2- 7.5		152.5 157.5		162.5 167.5	
WAIST INCHES	28	30	32	34-36	6	38-40		42-	-44	46-4	48	50	-52	5	54-56	5	58-60	
WAIST CM	71	76	81.5	86.5-	91.5	96.5- 101.5		106 112	6.5- 2	117 122		12	7-132	1	137-1	42	147.5 152.5	
<u>FOOTWEAR</u>																		
UK 3	4	ļ !	5	6	7	8	9	1	10	11	12		13	14	ļ	15		
EURO 36	5 3	37 3	38	39	41	42	43	۷	14	46	47		48	49	)	50		

## **GLOVES**

Measure your dominant hands diameter at the fullest part (normally your knuckles)

use the chart below to check your glove size

Please remember, gloves that are too tight will result in cold hands, so if in doubt go up a size!

	XS	S	М	L	XL	2XL
CM	15cm	18cm	20cm	22.5-25.5	28	30.5
INCHES	6	7	8	9-10	11	12