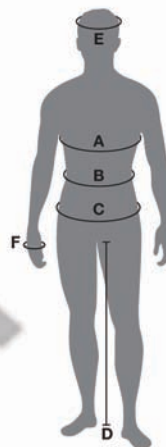


Size Guide



size comparisons												
US	standard men's	ladies sizes	standard men's s.	slender	stocky	lager waist	waist (in)	ladies sizes		slender	stocky untersetzt	waist (in)
XXS		32						DXXS	32	68/L-DXXS	17/K-DXXS	26/27
XS	42/44	34	44	90/L-XS				DXS	32/34	72/L-DXS	18/K-DXS	28
S	44/46	36/28	46	94/L-S			29	DS	36/38	76/L-DS	19/K-DS	29
M	48/50	40	48	98/L-M	24/K-S		30/31	DM	38/40	80/L-DM	20/K-DM	30/31
L	50/52	42/44	50	102/L-L	25/K-M		32/33	DL	40/42	84/L-DL	21/K-DL	32/33
XL	54	46/48	52	106/L-XL	26/K-L		33/34	DXL	42/44	88/L-DXL	22/K-DXL	33/34
XXL	56/58	48/50	54	110/L-XXL	27/K-XL	275	36/38	DXXL	44/46		23/K-DXXL	36/38
3XL	60/62	52	56	114/L-3XL	28/K-3XL	285	38	D3XL	46/48			38
4 XL	64/66	56	58	118/L-4XL	29/K-4XL	295	40/42	D4XL	48/50			40/42
5 XL	68/70	60	60		30/K-5XL	305	42	D5XL	50/52			42
6 XL	72		62									
7 XL	74		64									
8 XL			66									
9 XL			68									
10 XL			70									
			72									

- A Chest:** Measure around the chest under the arms.
- B Waist:** Take the measurement with the tape fitting closely around the waist.
- C Hip:** Take the measurement at the widest point.
- D Inside:** Measure from the crotch to the sole of the foot.
- E Helmet size:** Measure your head at the widest point.
- F** Measure your Hand over the knuckles with the HELD measuring tape Art. 9622.



ladies standard							
Continental	Universal	UK	height	chest (A)	waist (B)	hip (C)	inside leg
32	DXXS	26	159-164	76-79	60-63	84-87	74-76,5
34	DXS/XS	27	161-166	80-83	64-67	88-91	75-77,5
36	DS/S	27/28	163-168	84-87	68-71	92-95	76-78,5
38	DS/S	29	165-170	88-91	72-75	96-99	77-79,5
40	DM/M	30/31	167-172	92-95	76-79	100-103	78-80,5
42	DL/L	32/33	169-174	96-99	80-83	104-107	79-81,5
44	DXL/L	34	169-174	100-103	84-87	108-111	79-81,5
46	DXXL/XL	36	171-176	104-107	88-91	112-115	80-82,5
48	D3XL/XL	38	171-176	108-111	92-95	116-119	80-82,5
50	D4XL/XXL	40	171-176	112-115	96-99	120-123	80-82,5
52	D5XL/3XXL	42	172-177	116-119	100-103	124-127	81-83,5

ladies special sizes: slender							
		UK	height	chest (A)	waist (B)	hip (C)	inside leg
76	L-DS/S	29	173-178	88-91	72-75	96-99	81-84,5
80	L-DM/M	30/31	175-180	92-95	76-79	100-103	82-85,5
84	L-DL/L	32/33	177-182	96-99	80-83	104-107	83-86,5
88	L-DXL/L	33/34	179-184	100-103	84-87	108-111	84-87,5

ladies special sizes: stocky							
		UK	height	chest (A)	waist (B)	hip (C)	inside leg
19	K-DS/S	29	157-162	88-91	72-75	96-99	73-76,5
20	K-DM/M	30/31	159-164	92-95	76-79	100-103	74-77,5
21	K-DL/L	32/33	161-166	96-99	80-83	104-107	75-78,5
22	K-DXL/L	33/34	163-168	100-103	84-87	108-111	76-79,5
23	K-DXXL/XL	36/38	165-170	104-107	88-93	112-115	77-80,5
	K-D3XL-XL	38	167-172	108-111	92-95	116-119	78-81,5

children's sizes						
	height	chest (A)	waist (B)	hip (C)	inside leg	
128	117-128	64-68	61-64	74-77	51-57	
140	129-140	69-73	65-68	78-81	58-64	
152	141-152	74-78	69-72	82-85	65-71	
164	153-164	79-83	73-76	86-90	72-78	

boot sizes													
35	36	37	38	39	40	41	42	43	44	45	46	47	48
3	3,5	4,5	5	6	6,5	7,5	8	9	9,5	10,5	11	12	12,5

helmet/head sizes								
XXXS	XXS	XS	S	M	L	XL	XXL	3XL
49/50	51/52	53/54	55/56	57/58	59/60	61/62	63/64	65/66

glove sizes							
	6,5	7 - 7,5	8 - 8,5	9 - 9,5	10 - 10,5	11	12
	XS	S	M	L	XL	XXL	3XL

standard men's							
Continental	Universal	UK	height	chest (A)	waist (B)	hip (C)	inside leg
46	S	29	169-174	92-95	79-82	92-95	77,5-80
48	M	30/31	172-177	96-100	83-86	96-99	79-81,5
50	M	32/33	175-180	101-103	87-90	100-103	80,5-83
52	L	34/36	178-183	104-107	91-94	104-107	82-84,5
54	XL	38/40	180-185	108-111	95-98	108-111	83-85,5
56	XXL	40	182-187	112-115	99-102	112-115	84-86,5
58	XXL	42	184-189	116-119	103-107	116-119	85-87,5
60	3XL		186-191	120-123	108-112	120-123	86-88,5
62	3XL		188-193	124-127	113-117	124-127	87-89,5
64	4XL		190-195	128-131	118-121	128-131	88-90,5
66	4XL		192-197	132-135	122-125	132-135	89-91,5
68	5XL		194-199	136-139	126-129	136-139	90-92,5
70	5XL		196-201	140-143	130-133	140-143	91-93,5
72	6XL		198-203	144-147	134-137	144-147	92-94,5
74	7XL		198-203	148-151	138-141	148-151	93-95,5
	8XL		198-203	149-152	142-145	149-152	93-95,5
	9XL		198-203	150-153	146-149	150-153	93-95,5
	10XL		198-203	151-154	150-153	151-154	93-95,5

men's special sizes: slender							
		UK	height	chest (A)	waist (B)	hip (C)	inside leg
94	L-S	29	180-185	93-96	79-82	92-95	82,5-85
98	L-M	30/31	182-187	97-100	83-89	96-99	83,5-86
102	L-L	32/33	184-189	101-103	90-94	100-103	85-87,5
106	L-XL	34/36	186-191	104-107	95-98	104-107	86-88,5
110	L-XXL	38/40	188-193	108-111	99-102	108-111	87-89,5

men's special sizes: stocky							
		UK	height	chest (A)	waist (B)	hip (C)	inside leg
24	K-S	30/31	168-173	96-100	83-86	96-99	74,5-77
25	K-M	31/32	169-174	101-103	87-90	100-103	76-78,5
26	K-L	33/34	172-177	104-107	91-94	104-107	77,5-80
27	K-XL	34/36	174-179	108-111	95-98	108-111	79-81,5
28	K-XXL	38	176-181	112-115	99-102	112-115	80-82,5
29	K-3XL	40	178-183	116-119	103-107	116-119	81-83,5
30	K-4XL	42/44	180-185	120-123	108-112	120-123	82,0-84,5

men's larger waist sizes							
		UK	height	chest (A)	waist (B)	hip (C)	inside leg
275		38	169-174	108-111	98-101	112-115	74-76,5
285		40/42	171-176	112-115	102-105	114-118	75-77,5
295		42	173-178	116-119	106-109	119-123	76-78,5
305			175-180	120-123	110-114	124-127	77-79,5
315			177-182	124-127	115-118	128-131	78-80,5
325			179-184	128-131	119-123	132-135	79-81,5
335			181-186	132-135	124-127	136-139	80-82,5
345			183-188	136-139	128-131	140-143	81-83,5
355			185-190	140-143	132-135	144-147	82-84,5