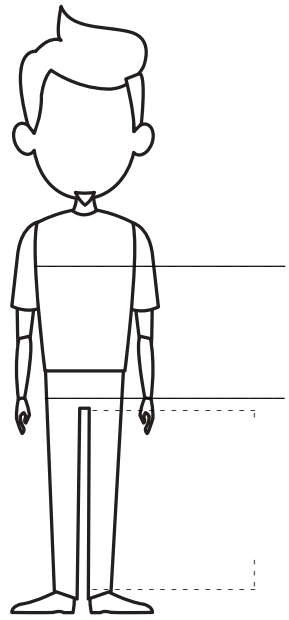
Size chart

Tips for choosing the correct clothing size

How to measure correctly

1. You need a tailor's tape measure that can wrap around your body; using a ruler is not recommended.
2. It is best to measure yourself without clothes so they do not add extra centimetres.
3. Make sure the tape measure is horizontal to the floor.
4. If in doubt, ask your mum, girlfriend or grandmother for help.



CHEST CIRCUMFERENCE
measure at the widest point under the arms

HIP CIRCUMFERENCE
measure at the widest point of the seat/hips

INSIDE LEG LENGTH
measure from the crotch seam to the end of the trouser leg

Trousers

-5 cm SIZE +7 cm	-5 **XS** +7	-5 **S** +7	-5 **M** +7	-5 **L** +7	-5 **XL** +7	-5 **XXL** +7
HIP circumference in cm	80	86	92	98	104	110
LEG length	75 80 87	75 80 87	75 80 87	75 80 87	75 80 87	75 80 87

STRETCHZONE trousers

SIZE	42	44	46	48	50	52	54	56	58	60
HIP circumference in cm	74	78	82	86	90	94	98	102	108	114
LEG length	80	80	82	82	82	83	83	83	83	83

Jackets

-5 cm SIZE +7 cm	-5 **XS** +7	-5 **S** +7	-5 **M** +7	-5 **L** +7	-5 **XL** +7	-5 **XXL** +7
CHEST circumference in cm	84	96	102	108	116	124
HIP circumference in cm	80 80 80	86 86 86	92 92 92	98 98 98	104 104 104	110 110 110
LEG length						

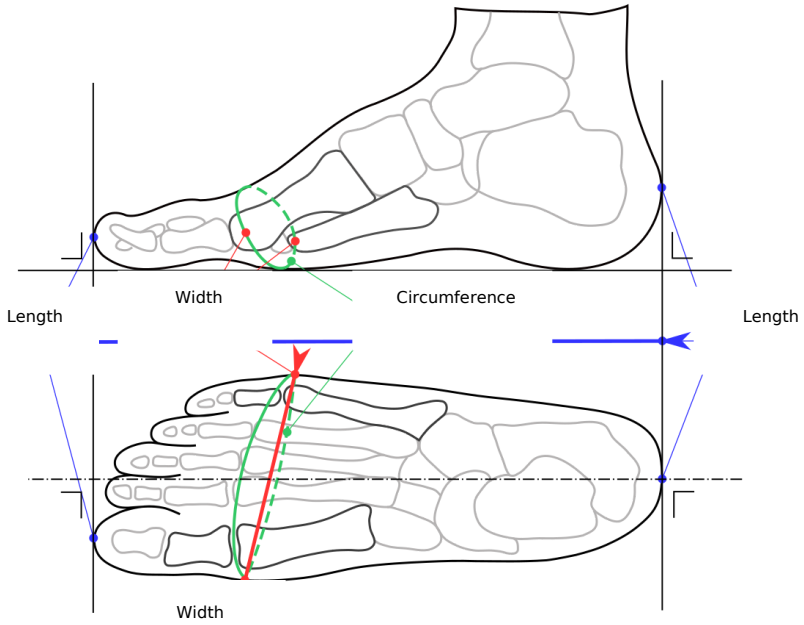
How to measure your shoe size correctly

1. You need a sheet of paper, a wall, a ruler and a pencil.
2. Place the edge of the paper against the wall.
3. Place your bare foot on the paper with your heel against the wall.
4. Mark the longest point of your foot (big toe or second toe) on the paper.
5. Draw a line from the heel and measure the length in millimetres.
6. Great! You now have your MondoPoint and can start calculating. MondoPoint is the actual length of the inner sole.

How many millimetres did you measure? Add +0.5 cm for better foot comfort and find the ideal shoe size in the table.

Example: I measured 270 mm + 0.5 cm = 275 mm = EU size 42.5

EUR	40	41	41,5	42	42,5	43	44	44,5	45	46	46,5	47	47,5	48	48,5	49	50
UK	6,5	7	7,5	8	8,5	9	9,5	10	10,5	11	11,5	12	12,5	13	13,5	14	14,5
mm	255	260	265	270	275	280	285	290	295	300	305	310	315	320	325	330	335



How to measure your glove size correctly

1. Measure the width and circumference of your palm at the point shown in the illustration.
2. Use the result in cm to find your glove size in the table.

Example: I measured 9 cm × 231 mm = glove size 9 / L

Palm width	6cm	7cm	8cm	9cm	10cm	11cm
Size	XS	S	M	L	XL	XXL
Number	6	7	8	9	10	11
Palm circumference in mm	152	178	203	229	254	279

