

## SIZE CHARTS MEN

## SHOES

Heel-toe	22.1 cm	22.5 cm	22.9 cm	23.3 cm	23.8 cm	24.2 cm	24.6 cm	25 cm	25.5 cm	25.9 cm	26.3 cm	26.7 cm	27.1 cm	27.6 cm
EU	36	36 2/3	37 1/3	38	38 2/3	39 1/3	40	40 2/3	41 1/3	42	42 2/3	43 1/3	44	44 2/3
UK	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10
US-Women	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5

Heel-toe	28 cm	28.4 cm	28.8 cm	29.3 cm	29.7 cm	30.1 cm	30.5 cm	31 cm	31.4 cm	31.8 cm	32.6 cm	33.5 cm	34.3 cm	35.2 cm
EU	45 1/3	46	46 2/3	47 1/3	48	48 2/3	49 1/3	50	50 2/3	51 1/3	52 2/3	53 1/3	54 2/3	55 2/3
UK	10.5	11	11.5	12	12.5	13	13.5	14	14.5	15	16	17	18	19
US-Women	12	12.5	13	13.5	14	14.5	15	15.5	--	--	--	--	--	--

## SHIRTS AND TOPS

Product label	XS	S	M	L	XL	2XL	3XL
Chest	83 - 86 cm	87 - 92 cm	93 - 100 cm	101 - 108 cm	109 - 118 cm	119 - 130 cm	131 - 142 cm
Waist	71 - 74 cm	75 - 80 cm	81 - 88 cm	89 - 96 cm	97 - 106 cm	107 - 119 cm	120 - 132 cm
Hip	82 - 85 cm	86 - 91 cm	92 - 99 cm	100 - 107 cm	108 - 116 cm	117 - 125 cm	126 - 135 cm

## TALL/LONG &amp; SHORT SIZES

Tall/Long sizes are designed for men over 189cm and up  
Petite/Short sizes are designed for men up to 175 cm.

## BOTTOMS SIZING

Product label	XS	S	M	L	XL	2XL	3XL
Waist	71 - 74 cm	75 - 80 cm	81 - 88 cm	89 - 96 cm	97 - 106 cm	107 - 119 cm	120 - 132 cm
Hip	82 - 85 cm	86 - 91 cm	92 - 99 cm	100 - 107 cm	108 - 116 cm	117 - 125 cm	126 - 135 cm
Inseam	81 cm	81.5 cm	82 cm	82.5 cm	83cm	82.5cm	82 cm

Product label	42	44	46	48	50	52	54	56	58	60	62	64	66
Waist	71.5 - 74 cm	74.5 - 77 cm	77.5 - 80 cm	80.5 - 84 cm	84.5 - 88 cm	88.5 - 92 cm	92.5 - 96 cm	96.5 - 101 cm	101.5 - 106 cm	106.5 - 112.5 cm	113 - 119 cm	119.5 - 125.5 cm	126 - 132 cm
Hip	82.5 - 85 cm	85.5 - 88 cm	88.5 - 91 cm	91.5 - 95 cm	95.5 - 99 cm	99.5 - 103 cm	103.5 - 107 cm	107.5 - 111.5 cm	112 - 116 cm	116.5 - 120.5 cm	121 - 125 cm	125.5 - 130 cm	130.5 - 135 cm
Inseam	81 cm	81,5 cm	81,5 cm	82 cm	82 cm	82,5 cm	82,5 cm	83 cm	83 cm	83 cm	82,5 cm	82,5 cm	82 cm

## SIZE CONVERSION

DE	42	44	46	48	50	52	54	56	58	60	62	64	66
UK	26"	28"	30"	32"	34"	36"	38"	40"	42"	44"	46"	48"	50"
US	26"	28"	30"	32"	34"	36"	38"	40"	42"	44"	46"	48"	50"
FR	36	38	40	42	44	46	48	50	52	54	56	58	60
IT	42	44	46	48	50	52	54	56	58	60	62	64	66

**SIZE CHARTS WOMEN**

<b>SHOES</b>		22.1 cm	22.5 cm	22.9 cm	23.3 cm	23.8 cm	24.2 cm	24.6 cm	25 cm	25.5 cm	25.9 cm	26.3 cm	26.7 cm	27.1 cm	27.6 cm
Heel-toe															
EU		36	36 2/3	37 1/3	38	38 2/3	39 1/3	40	40 2/3	41 1/3	42	42 2/3	43 1/3	44	44 2/3
UK		3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10
US-Women		5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5

Heel-toe	28 cm	28.4 cm	28.8 cm	29.3 cm	29.7 cm	30.1 cm	30.5 cm	31 cm	31.4 cm	31.8 cm	32.6 cm	33.5 cm	34.3 cm	35.2 cm
EU	45 1/3	46	46 2/3	47 1/3	48	48 2/3	49 1/3	50	50 2/3	51 1/3	52 2/3	53 1/3	54 2/3	55 2/3
UK	10.5	11	11.5	12	12.5	13	13.5	14	14.5	15	16	17	18	19
US-Women	12	12.5	13	13.5	14	14.5	15	15.5	--	--	--	--	--	--

**SHIRTS AND TOPS**

**STANDARD**

Product label	2XS (26-28)	XS (30-32)	S (34-36)	M (38-40)	L (42-44)	XL (46-48)	XXL (50-52)
BUST	73 - 76cm	77 - 82cm	83 - 88cm	89 - 94cm	95 - 101cm	102 - 109cm	110 - 118cm
Waist	57 - 60cm	61 - 66cm	67 - 72cm	73 - 78cm	79 - 85cm	86 - 94cm	95 - 104cm
Hip	82 - 85cm	86 - 91cm	92 - 97cm	98 - 103cm	104 - 110cm	111 - 117cm	118 - 125cm

**INTERNATIONAL CONVERSIONS (STANDARD)**

DE	2XS (26-28)	XS (30-32)	S (34-36)	M (38-40)	L (42-44)	XL (46-48)	XXL (50-52)
US	2XS (00)	XS (0-2)	S (4-6)	M (8-10)	L (12-14)	XL (16-18)	2XL (20)
UK	2XS (0-2)	XS (4-6)	S (8-10)	M (12-14)	L (16-18)	XL (20-22)	2XL (24-26)
FR	2XS (28-30)	XS (32-34)	S (36-38)	M (40-42)	L (44-46)	XL (48-50)	2XL (52-54)
IT	2XS (32-34)	XS (36-38)	S (40-42)	M (44-46)	L (48-50)	XL (52-54)	2XL (56-58)

**TALL**

Tall sizes are designed for women over 179cm (5'10") and up

Product label	S Tall	M Tall	L Tall	XL Tall	2XL Tall
BUST	83 - 88cm	89 - 94cm	95 - 101cm	102 - 109cm	110 - 118cm
Waist	67 - 72cm	73 - 78cm	79 - 85cm	86 - 94cm	95 - 104cm
Hip	92 - 97cm	98 - 103cm	104 - 110cm	111 - 117cm	118 - 125cm

**PETITE**

Petite sizes are designed for women up to 165cm (5'5")

Product label	2XS Petite	XS Petite	S Petite	M Petite	L Petite	XL Petite	2XL Petite
BUST	73 - 76cm	77 - 82cm	83 - 88cm	89 - 94cm	95 - 101cm	102 - 109cm	110 - 118cm
Waist	57 - 60cm	61 - 66cm	67 - 72cm	73 - 78cm	79 - 85cm	86 - 94cm	95 - 104cm
Hip	82 - 85cm	86 - 91cm	92 - 97cm	98 - 103cm	104 - 110cm	111 - 117cm	118 - 125cm

**PLUS SIZE**

Plus size tights, tops and t-shirts in sizes up to 4X

Product label	1X (46-48)	2X (50-52)	3X (54-56)	4X (58-60)
BUST	104 - 113cm	114 - 123cm	124 - 133cm	134 - 143cm
Waist	89 - 98cm	99 - 108cm	109 - 118cm	119 - 128cm
Hip	111 - 120cm	121 - 130cm	131 - 140cm	141 - 150cm

**INTERNATIONAL CONVERSIONS (PLUS SIZE)**

DE	1X (46-48)	2X (50-52)	3X (54-56)	4X (58-60)
US	1X (14W - 16W)	2X (18W - 20W)	3X (22W - 24W)	4X (26W - 28W)
UK	1X (20-22)	2X (24-26)	3X (28-30)	4X (32-34)
FR	1X (48-50)	2X (52-54)	3X (56-58)	4X (60-62)
IT	1X (52-54)	2X (56-58)	3X (60-62)	4X (64-66)

**MATERNITY**

Pre-pregnancy size, maternity clothing is designed to grow with you

Product label	2XS [26-28]	XS [30-32]	S [34-36]	M [38-40]	L [42-44]	XL [46-48]	XXL [50-52]
<b>BUST</b>	73 - 76cm	77 - 82cm	83 - 88cm	89 - 94cm	95 - 101cm	102 - 109cm	110 - 118cm
<b>Waist (Pre-Pregnancy)</b>	57 - 60cm	61 - 66cm	67 - 72cm	73 - 78cm	79 - 85cm	86 - 94cm	95 - 104cm
<b>Hip</b>	82 - 85cm	86 - 91cm	92 - 97cm	98 - 103cm	104 - 110cm	111 - 117cm	118 - 125cm

#### BOTTOMS

STANDARD							
Product label	2XS [26-28]	XS [30-32]	S [34-36]	M [38-40]	L [42-44]	XL [46-48]	XXL [50-52]
<b>Waist</b>	57 - 60cm	61 - 66cm	67 - 72cm	73 - 78cm	79 - 85cm	86 - 94cm	95 - 104cm
<b>Hip</b>	82 - 85cm	86 - 91cm	92 - 97cm	98 - 103cm	104 - 110cm	111 - 117cm	118 - 125cm
<b>Inseam</b>	77.5cm	78cm	78.5cm	79cm	79.5cm	80cm	80.5cm

#### INTERNATIONAL CONVERSIONS (STANDARD)

DE	2XS [26-28]	XS [30-32]	S [34-36]	M [38-40]	L [42-44]	XL [46-48]	XXL [50-52]
<b>US</b>	2XS [00]	XS [0-2]	S [4-6]	M [8-10]	L [12-14]	XL [16-18]	2XL [20]
<b>UK</b>	2XS [0-2]	XS [4-6]	S [8-10]	M [12-14]	L [16-18]	XL [20-22]	2XL [24-26]
<b>FR</b>	2XS [28-30]	XS [32-34]	S [36-38]	M [40-42]	L [44-46]	XL [48-50]	2XL [52-54]
<b>IT</b>	2XS [32-34]	XS [36-38]	S [40-42]	M [44-46]	L [48-50]	XL [52-54]	2XL [56-58]

#### TALL Tall sizes are designed for women over 179cm [5'10"] and up

Product label	S Tall	M Tall	L Tall	XL Tall	2XL Tall
<b>Waist</b>	67 - 72cm	73 - 78cm	79 - 85cm	86 - 94cm	95 - 104cm
<b>Hip</b>	92 - 97cm	98 - 103cm	104 - 110cm	111 - 117cm	118 - 125cm
<b>Inseam</b>	83.5cm	84cm	84.5cm	85cm	85.5cm

#### PETITE Petite sizes are designed for women up to 165cm [5'5"]

Product label	2XS Petite	XS Petite	S Petite	M Petite	L Petite	XL Petite	2XL Petite
<b>Waist</b>	57 - 60cm	61 - 66cm	67 - 72cm	73 - 78cm	79 - 85cm	86 - 94cm	95 - 104cm
<b>Hip</b>	82 - 85cm	86 - 91cm	92 - 97cm	98 - 103cm	104 - 110cm	111 - 117cm	118 - 125cm
<b>Inseam</b>	72.5cm	73cm	73.5cm	74cm	74.5cm	75cm	75.5cm

#### PLUS SIZE Plus size tights, tops and t-shirts in sizes up to 4X

Product label	1X [46-48]	2X [50-52]	3X [54-56]	4X [58-60]
<b>Waist</b>	89 - 98cm	99 - 108cm	109 - 118cm	119 - 128cm
<b>Hip</b>	111 - 120cm	121 - 130cm	131 - 140cm	141 - 150cm
<b>Inseam</b>	78cm	78cm	77cm	76cm

#### INTERNATIONAL CONVERSIONS (PLUS SIZE)

DE	1X [46-48]	2X [50-52]	3X [54-56]	4X [58-60]
<b>US</b>	1X [14W - 16W]	2X [18W - 20W]	3X [22W - 24W]	4X [26W - 28W]
<b>UK</b>	1X [20-22]	2X [24-26]	3X [28-30]	4X [32-34]
<b>FR</b>	1X [48-50]	2X [52-54]	3X [56-58]	4X [60-62]
<b>IT</b>	1X [52-54]	2X [56-58]	3X [60-62]	4X [64-66]

#### MATERNITY Pre-pregnancy size, maternity clothing is designed to grow with you

Product label	2XS [26-28]	XS [30-32]	S [34-36]	M [38-40]	L [42-44]	XL [46-48]	XXL [50-52]
<b>Waist (Pre-Pregnancy)</b>	57 - 60cm	61 - 66cm	67 - 72cm	73 - 78cm	79 - 85cm	86 - 94cm	95 - 104cm
<b>Hip</b>	82 - 85cm	86 - 91cm	92 - 97cm	98 - 103cm	104 - 110cm	111 - 117cm	118 - 125cm
<b>Inseam</b>	77.5cm	78cm	78.5cm	79cm	79.5cm	80cm	80.5cm

**SPORTS BRA SIZE GUIDANCE**

**ALPHA + CUP SIZE CHART** Alpha + Cup sizes use traditional alphabetical sizes (S, M, etc.) with the choice of two different cup ranges (A-C or D-DD) to further optimize fit.

BRA SIZE	A	B	C	D	E	F	G
65	XXS A-C	XXS A-C	XS A-C	XXS D-DD	XXS D-DD	XS D-DD	XS D-DD
70	XS A-C	XS A-C	XS A-C	XS D-DD	XS D-DD	XS D-DD	S D-DD
75	S A-C	S A-C	S A-C	S D-DD	S D-DD	S D-DD	M D-DD
80	S A-C	M A-C	M A-C	M D-DD	M D-DD	M D-DD	M D-DD
85	M A-C	L A-C	L A-C	L D-DD	L D-DD	L D-DD	L D-DD
90	L A-C	L A-C	XL A-C	XL D-DD	XL D-DD	XL D-DD	XL D-DD
95	XL A-C	XL A-C	XL A-C	XL D-DD	XL D-DD	XL D-DD	-
100	XL A-C	XXL A-C	XXL A-C	XXL D-DD	XXL D-DD	XXL D-DD	-
105	XXL A-C	XXL A-C	XXL A-C	XXL D-DD	XXL D-DD	XXL D-DD	-

**ALPHA SIZE CHART**

BRA SIZE	A	B	C	D	E	F	G	H
65	2XS	XS	XS	XS	XS	S	S	M
70	XS	XS	S	S	S	M	M	M
75	S	S	S	M	M	M	L	L
80	M	M	M	L	L	L	L	XL
85	L	L	L	XL	XL	XL	XL	XL
90	XL	XL	XL	XL	1X	1X	1X	1X
95	1X	1X	1X	1X	2X	2X	2X	2X
100	2X	2X	2X	2X	3X	3X	3X	3X
105	3X	3X	3X	3X	4X	4X	4X	4X
110	4X	4X	4X	4X	4X	4X	4X	4X

**INTERNATIONAL CONVERSION**

DE	UK	US	FR	IT
65	30	30	80	0
70	32	32	85	1
75	34	34	90	2
80	36	36	95	3
85	38	38	100	4
90	40	40	105	5
95	42	42	110	6
100	44	44	115	7
105	46	46	120	8
110	48	48	125	9

**SIZE CHARTS KIDS**

**SHOES**

**BABIES & TODDLERS** Boys and girls age 0 - 3 years

Heel-toe	8.1 cm	9 cm	9.8 cm	10.6 cm	11.5 cm	12.3 cm	12.8 cm	13.2 cm	13.6 cm	14 cm	14.5 cm	14.9 cm	15.3 cm	15.7 cm	16.1 cm
UK	0k	1k	2k	3k	4k	5k	5.5k	6k	6.5k	7k	7.5k	8k	8.5k	9k	9.5k
US	1k	2k	3k	4k	5k	5.5k	6k	6.5k	7k	7.5k	8k	8.5k	9k	9.5k	10k
EU	16	17	18	19	20	21	22	23	23.5	24	25	25.5	26	26.5	27

**CHILDREN** Boys and girls age 4 - 7 years.

Heel-toe	16.6 cm	17 cm	17.4 cm	17.8 cm	18.3 cm	18.7 cm	19.1 cm	19.5 cm	20 cm	20.4 cm	20.8 cm	21.2 cm
UK	10k	10.5k	11k	11.5k	12k	12.5k	13k	13.5k	1	1.5	2	2.5
US	10.5k	11k	11.5k	12k	12.5k	13k	13.5k	1	1.5	2	2.5	3
EU	28	28.5	29	30	30.5	31	31.5	32	33	33.5	34	35

**YOUTH & TEENS** Boys and girls age 8-16 years

Heel-toe	21.6 cm	22.1 cm	22.5 cm	22.9 cm	23.3 cm	23.8 cm	24.2 cm	24.6 cm	25 cm
UK	3	3.5	4	4.5	5	5.5	6	6.5	7
US	3.5	4	4.5	5	5.5	6	6.5	7	7.5
EU	35.5	36	36 2/3	37 1/3	38	38 2/3	39 1/3	40	40 2/3

**CLOTHING**

**BABIES & TODDLERS** Boys and girls age 0 - 3 years

Heel-toe	0 Months   56	0-3 Months   62	3-6 Months   68	6-9 Months   74	9-12 Months   80	12-18 Months   86	1-2 years   92	2-3 years   98
HEIGHT	51 - 56 cm	57 - 62 cm	63 - 68 cm	69 - 74 cm	75 - 80 cm	81 - 86 cm	87 - 92 cm	93 - 98 cm
Chest	38.5 cm	43 cm	45.5 cm	47 cm	49.5 cm	51 cm	52.5 cm	54.5 cm
Waist	38.5 cm	43 cm	45 cm	46.5 cm	49 cm	50 cm	50.5 cm	52.5 cm
Hip	37 cm	42 cm	45 cm	47.5 cm	50 cm	51.5 cm	53 cm	56 cm
Inseam	19.1 cm	21.75 cm	24.25 cm	27 cm	31.12 cm	34.5 cm	38 cm	41 cm

**CHILDREN** Boys and girls age 4 - 7 years.

Heel-toe	3-4 years   104	4-5 years   110	5-6 years   116	6-7 years   122
HEIGHT	99 - 104 cm	105 - 110 cm	111 - 116 cm	117 - 122 cm
Chest	56 cm	58 cm	60.5 cm	63 cm
Waist	56 cm	58 cm	60.5 cm	63 cm
Hip	60 cm	62 cm	64 cm	66 cm
Inseam	45.5 cm	49.5 cm	52 cm	56 cm

**YOUTH & TEENS** Boys and girls age 8-16 years

Heel-toe	7-8 years   128	8-9 years   134	9-10 years   140	10-11 years   146	11-12 years   152	12-13 years   158	13-14 years   164	14-15 years   170	15-16 years   176
HEIGHT	123 - 128 cm	129 - 134 cm	135 - 140 cm	141 - 146 cm	147 - 152 cm	153 - 158 cm	159 - 164 cm	165 - 170 cm	171 - 176 cm
Chest	64 cm	67.5 cm	71 cm	74.5 cm	78 cm	82 cm	86 cm	89 cm	91.5 cm
Waist	59 cm	61.5 cm	63.5 cm	66 cm	68 cm	70.5 cm	73 cm	74.5 cm	76.5 cm
Hip	68 cm	71 cm	74.5 cm	77.5 cm	81 cm	85 cm	89 cm	91.5 cm	94 cm
Inseam	59.5 cm	62 cm	65 cm	68 cm	70.5 cm	73.5 cm	76.5 cm	79 cm	82 cm