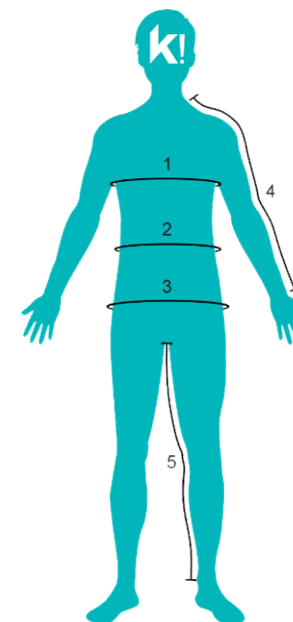


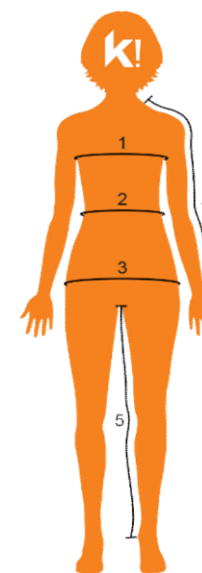
# NOGRAD

MENS						
BOTTOMS (pants, shorts)	XS	S	M	L	XL	XXL
Size	<b>34</b>	<b>36</b>	<b>38</b>	<b>40</b>	<b>42</b>	<b>44</b>
1/2 Waist circumference	33	35	37	39	41	43
1/2 Hip circumference	49	51	53	55	57	59
1/2 Thigh circumference	30,5	32	33,5	35	36,5	38
Inseam length	30	31	32	33	34	35



To see how to take your measurements, See the table below, \*

WOMENS				
BOTTOMS (pants, shorts)	36	38	40	42
Brand sizes	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
1/2 Waist circumference	33	35	37	39
1/2 Hip circumference	42	44	46	48
1/2 Thigh circumference	26	27	28	29
Inseam length	79,5	80,5	80,5	81,5



## **How to measure yourself ? \***

1 - Head: Measure above the ears and eyebrows, all the way around the head

2 - Chest: Measure horizontally to the largest part of the chest, passing under the armpits level with your shoulder blades

3 - Waist: Measure around the thinnest part of your waist

4 - Hip: Measure the largest part of the hips under the waist

5 - Sleeve: Measure from the base of the neck to the wrist, passing over the shoulder.

6 - Hand: Measure around your most active hand at the palm without including the thumb, close the fingers around the tape measure to take the measurement

7 - Thigh: Standing up, measure around the largest part of your thigh

8 - Calfs: Standing up measure around the largest part of the calfs

9 - Ankles: standing up measure the thinnest part of the ankles

10 - Inside leg: Measure from between the legs to the ankle bone

Height: without shoes, your height from head to toe

Neck: Measure the circumference of the neck above the adam's apple