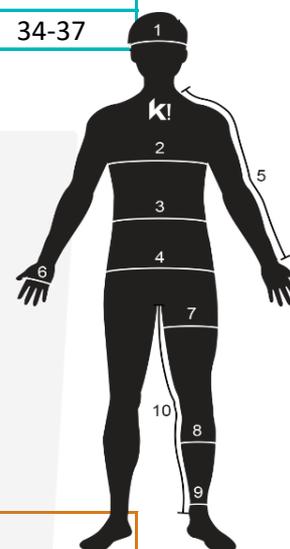


# COMPRESSPORT

MENS					
COMPRESSION ARM SLEEVE	1	2	3	4	5
Biceps (cm)	22-25	25-28	28-31	31-34	34-37

BOTTOMS (Quad, Calf)	S	M	L	XL
	1	2	3	4
Thigh (cm)	49-54	54-59	59-64	64-69
Calfs (cm)	30-34	34-38	38-42	42-46

SOCKS	1	2	3	4
SIZE EU	35-38	39-41	42-44	45-48



WOMENS					
BRA	XS	S	M	L	XL
Chest (cm)	78-86	86-94	94-102	102-110	110-118

BOTTOM	0	1	2	3
Thigh (cm)	49-54	54-59	59-64	64-69

## 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
- Biceps: Contract the biceps, measure in the middle of the upper arm