

# ABK

MENS						
Tops and Bottoms	XS	S	M	L	XL	XXL
Chest (cm)	79-88	89-97	98-104	105-109	110-115	116-124
Waist (cm)	71-73	75-77	79-81	83-85	87-89	91-93

WOMENS					
Tops and Bottoms	XS	S	M	L	XL
Chest (cm)	82-86	86-90	90-94	94-98	98-102
Waist (cm)	66-70	70-74	74-78	78-82	82-86

JUNIOR				
AGE	5/6 years	7/8 years	9/10 years	11/12 years
Height (cm)	106-115	118-122	128-132	137-144

## How to measure yourself ? \*

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

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

Height: without shoes, your height from head to toe

