

# MENS SHORTS

## WAIST MEASUREMENT

XS	S	M	L	XL	XXL	3XL
74-78	79-83	84-88	89-93	94-98	99-103	104-108

## HIP MEASUREMENT

XS	S	M	L	XL	XXL	3XL
85-89	90-94	95-99	100-104	105-109	110-114	115-120

## GARMENT MEASUREMENTS

WAIST (see diagram in How to Measure)

XS	S	M	L	XL	XXL	3XL
39	41.5	44	46.5	49	51.5	54

OUTSIDE LEG LENGTH (see diagram in How to Measure)

XS	S	M	L	XL	XXL	3XL
54.5	55.5	57.5	59.5	61.5	63.5	64.5

# MENS TOPS

## CHEST MEASUREMENT

XS	S	M	L	XL	XXL	3XL
<89	90-94	95-99	100-104	105-109	110-114	115-120

## GARMENT MEASUREMENTS (LOOSE MTB FIT)

BODY WIDTH (see diagram in How to Measure)

XS	S	M	L	XL	XXL	3XL
47.5	50	52.5	55	57.5	60	62.5

BODY LENGTH (see diagram in How to Measure)

XS	S	M	L	XL	XXL	3XL
67.2	67.8	69.9	72	74.1	74.7	75.3

# WOMENS SHORTS

## WAIST MEASUREMENT

XS	S	M	L	XL	XXL
<78	79-83	84-88	89-93	94-98	99-103

## HIP MEASUREMENT

XS	S	M	L	XL	XXL
<92	93-97	98-102	103-107	108-112	113-117

## GARMENT MEASUREMENTS

WAIST (see diagram in How to Measure)

XS	S	M	L	XL	XXL
39	41.5	44	46.5	49	51.5

OUTSIDE LEG LENGTH (see diagram in How to Measure)

XS	S	M	L	XL	XXL
54.5	55.5	57.5	59.5	61.5	63.5

# WOMENS TOPS

## CHEST MEASUREMENT

XS	S	M	L	XL	XXL
<84	85-89	90-94	95-99	100-104	105-110

## GARMENT MEASUREMENTS (LOOSE MTB FIT)

BODY WIDTH (see diagram in How to Measure)

XS	S	M	L	XL	XXL
47.5	50	52.5	55	57.5	60

BODY LENGTH (see diagram in How to Measure)

XS	S	M	L	XL	XXL
67.2	67.7	69.2	70.7	72.2	72.7

# HOW TO MEASURE

## Measure yourself

Take your time in reading this page and figuring out your size. No matter how long it takes it will be quicker than old-school shopping, or getting a replacement.

The waist size is the best guide for shorts, but waistbands can be cinched in to a size and a half below the hip size. So check the hip size too.

## Tips for getting it right:

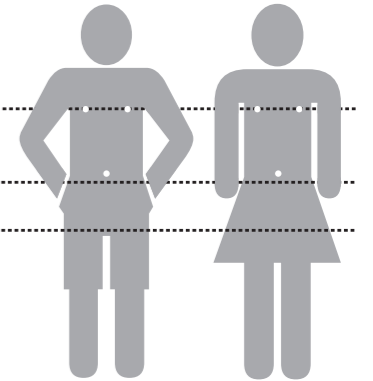
- Measure yourself when dressed only in underwear, for an accurate fit.
- Keep tape measure firm, but not super tight.
- It may help to get somebody else to measure you.

## TOPS

**Chest/Bust** (you know who you are) With arm at sides, measure around body, under your armpits and over the fullest part of your chest and shoulder blades, keeping tape measure parallel with the floor.

**Waist** (be honest here, we won't tell) Measure around normal pants waistband position for you.

**Hips** Measure around the biggest part of your body below your waist, like, your bum.



## BOTTOMS

## Measure your favourite garment

As a double check, or if you don't have a tape measure but you do have a long ruler, is to measure a favourite piece of apparel you have that fits how you like things to fit.

Lay your item on a flat surface, and measure the points shown in the diagrams.

Compare to the specs of the Nzo item in the Size Charts to choose the right size for you.

