



Mens Size	XS	S	M	L	XL	2XL	3XL	4XI
Ladies Size	8	10	12	14	16	18	20	22
Waist cm - unstretched	60	63	68	72	78	84	92	95
Waist cm - stretched (this is not at full stretch)	74	80	84	95	107	112	120	134

All measurements are for the garment **not** body measurements.  
Measurements can vary by +/- 1cm.