

# Macron Sizeguide

## Chest (1)

Measure around the fullest part of your chest, and back around to your shoulder blades. Insert your forefinger between the tape and your body to allow ease in fit.

## Waist (2)

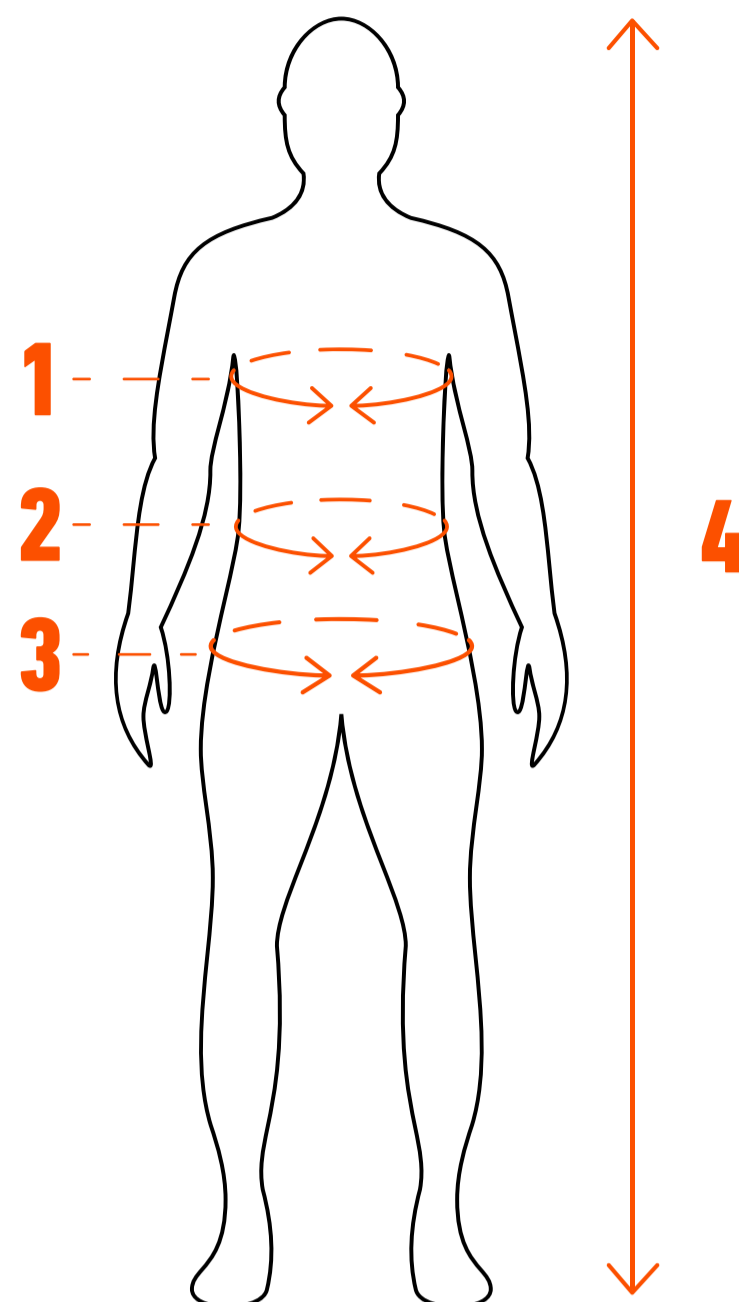
Measure around your navel. Wrap the measuring tape around your body and insert your forefinger between the tape and your body to allow ease in fit.

## Hip (3)

Measure around your waist, slightly below your natural waist, where you normally wear your pants. Insert your forefinger between the tape and your body to allow ease in fit.

## Height (5)

Measure from the top of your head to the sole of your feet with a straight back.



## Between sizes?

If your measurements are in between those listed in the size chart, pick the next larger size.

Male							
Size	M	L	XL	2XL	3XL	4XL	5XL
Height (4)	171-179 cm	178-185 cm	183-190 cm	188-195 cm	193-200 cm	198-205 cm	203-210 cm
Chest (1)	96-100 cm	100-104 cm	104-108 cm	108-113 cm	113-122 cm	122-131 cm	131-140 cm
Waist (2)	84-88 cm	88-92 cm	92-97 cm	97-102 cm	102-112 cm	112-122 cm	122-132 cm
Hip (3)	96-100 cm	100-104 cm	104-108 cm	108-112 cm	112-121 cm	121-130 cm	130-139 cm

Female						
Size	M	L	XL	2XL	3XL	4XL
Height (4)	167-175 cm	173-181 cm	179-187 cm	185-191 cm	188-194 cm	193-200 cm
Chest (1)	88-92 cm	92-96 cm	96-100 cm	100-104 cm	104-110 cm	110-116 cm
Waist (2)	71-75 cm	75-79 cm	79-83 cm	83-87 cm	87-93 cm	93-99 cm
Hip (3)	95-99 cm	99-103 cm	103-107 cm	107-111 cm	111-117 cm	117-123 cm

Boys (Up to 13 years of age)					
Size	4XS	3XS	XXS	XS	S
Height (4)	110-119 cm	120-132 cm	133-146 cm	147-160 cm	160-172 cm
Chest (1)	60-64 cm	64-72 cm	72-80 cm	80-88 cm	88-96 cm
Waist (2)	56-59 cm	59-64 cm	64-69 cm	69-74 cm	74-79 cm
Hip (3)	66-70 cm	70-76 cm	76-82 cm	82-88 cm	88-94 cm

Girls (Up to 13 years of age)					
Size	4XS	3XS	XXS	XS	S
Height (4)	110-119 cm	120-132 cm	133-146 cm	147-160 cm	159-168 cm
Chest (1)	60-64 cm	64-71 cm	71-77 cm	77-83 cm	84-88 cm
Waist (2)	55-57 cm	57-60 cm	60-63 cm	63-66 cm	67-71 cm
Hip (3)	66-70 cm	70-76 cm	76-82 cm	82-88 cm	91-95 cm

Socks					
Size	XS	S	M	L	XL
EU	29/34	35/38	39/42	43/46	47/50