

BODY MEASUREMENT CHART

Measurements are to be taken without any clothes.

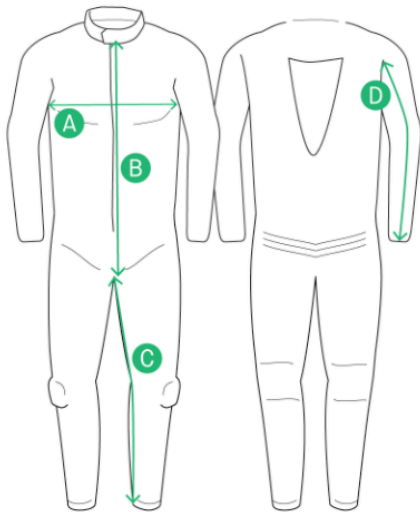
[switch to inches](#)

Man		
Size	Height	Chest (*) <small>*Back and Chest protectors included</small>
46	164 / 174 cm	86 / 92 cm
48	167 / 177 cm	90 / 96 cm
50	170 / 180 cm	94 / 100 cm
52	173 / 183 cm	98 / 104 cm
54	176 / 186 cm	102 / 108 cm
56	178 / 188 cm	106 / 112 cm
58	179 / 189 cm	110 / 116 cm
60	180 / 190 cm	114 / 120 cm
62	181 / 191 cm	118 / 124 cm
64	182 / 192 cm	122 / 128 cm

Woman		
Size	Height	Hip
38	153 / 164 cm	82 / 86 cm
40	156 / 167 cm	86 / 90 cm
42	159 / 170 cm	90 / 94 cm
44	162 / 173 cm	94 / 98 cm
46	165 / 176 cm	98 / 102 cm
48	168 / 179 cm	102 / 106 cm
50	171 / 181 cm	106 / 110 cm
52	171 / 181 cm	110 / 114 cm

MEASURING GUIDE

A step by step guide on how our measurement are taken.



PRODUCT MEASUREMENT

ALL ITEMS ARE INDIVIDUALLY MEASURED BY THE SPIDI SIZE AND FIT TEAM.

1. Compare these product measurements to a similar garment you already own.
2. Take all measurement from the outside, with the garment lying flat.

	A	B	C
38	44.0 cm / 17.3 in	47.0 cm / 18.5 in	71.0 cm / 28.0 in
40	46.0 cm / 18.1 in	48.0 cm / 18.9 in	73.0 cm / 28.7 in
42	48.0 cm / 18.9 in	49.5 cm / 19.5 in	74.0 cm / 29.1 in
44	50.0 cm / 19.7 in	51.0 cm / 20.1 in	76.0 cm / 29.9 in
46	52.0 cm / 20.5 in	52.0 cm / 20.5 in	77.5 cm / 30.5 in
48	54.0 cm / 21.3 in	53.5 cm / 21.1 in	79.0 cm / 31.1 in
50	56.0 cm / 22.0 in	55.0 cm / 21.7 in	80.0 cm / 31.5 in
52	58.0 cm / 22.8 in	56.0 cm / 22.0 in	82.0 cm / 32.3 in