



## Fit4Work™ Sizing – Apparel

Size	XS		S		M		L		XL		2XL		3XL	
<b>US / Canada</b>	00	0	2	4	6	8	10	12	14	16	18	20	22	24
<b>UK / AU</b>	2	4	6	8	10	12	14	16	18	20	22	24	26	28
<b>EU</b>	30	32	34	36	36	38	42	44	46	48	50	52	54	56
<b>IT</b>	34	36	38	40	42	44	46	48	50	52	54	56	58	60
<b>Russia</b>	36	38	38	40	42	46	48	50	54	58	60	64	66	70
<b>Neck Opening</b>	13.5"	14"	14"	14.5"	14.5"	15"	15"	15.5"	15.5"	15.75"	16"	16.25"	16.25"	16.5"
<b>Sleeve Length</b>	26.5"	27"	27"	27.5"	27.5"	28"	28"	28.5"	28.5"	29"	29"	29.5"	29.5"	30"
<b>Chest</b>	33.5"	34.5"	35"	36.5"	37"	38.5"	39"	40.5"	41"	42.5"	43"	44.5"	46"	47"
<b>Hips</b>	34"	36"	36"	38"	38"	40"	40"	42"	42"	44"	44"	46"	47"	50"
<b>Relaxed Waist</b>	26"	28"	28"	30"	30"	32"	32"	34"	34"	36"	36"	38"	38"	42"
<b>Waist - Maternity</b>	28-30"	30-32"	30-32"	32-34"	32-34"	34-36"	34-36"	36-38"	36-38"	38-40"	38-40"	42-44"	40-42"	44-46"
<b>Inseam - Short</b>	28"	28.5"	28.5"	29"	29"	29.5"	29.5"	30"	30"	30.5"	30.5"	31"	31"	31.5"
<b>Inseam - Regular</b>	30"	30.5"	30.5"	31"	31"	31.5"	31.5"	32"	32"	32.5"	32.5"	33"	33"	33.5"
<b>Inseam - Tall</b>	32"	32.5"	32.5"	33"	33"	33.5"	33.5"	34"	34"	34.5"	34.5"	35"	35"	35.5"

### HOW TO MEASURE

- **Neck:** Measure fullest part.
- **Sleeve:** Relax arms at sides. Measure from the nape of neck to shoulder point, then down to the wrist bone.
- **Chest:** Relax arms at sides, keep tape parallel to the floor. Measure fullest part.
- **Hips:** Stand with feet together, keep tape parallel to the floor. Measure fullest part.
- **Relaxed Waist:** Right below belly button. Keep tape parallel to the floor.
- **Inseam:** Measure from crotch to the ankle. \*As a part of final assembly, SeeHerWork completes the hem at fulfillment to ensure we can meet your needs. Call or email us if you do not meet the stated measurements for your complimentary custom sizing. Contact Customer Service at +1 (281) 623-1448 or [CustomerService@SeeHerWork.com](mailto:CustomerService@SeeHerWork.com) with your order number and inseam measurement.

### BETWEEN SIZES

If your measurements are between the sizes, pick the larger size.