



Fit4Work™ Sizing - Apparel

| Size | XS | | S | | M | | L | | XL | | 2XL | | 3XL | |
|--------------------------|-------|--------|-------|--------|-------|--------|-------|--------|-------|--------|-------|--------|-------|--------|
| US / Canada | 00 | 0 | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 |
| UK / AU | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 | 26 | 28 |
| EU | 30 | 32 | 34 | 36 | 36 | 38 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 |
| IT | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 |
| Russia | 36 | 38 | 38 | 40 | 42 | 46 | 48 | 50 | 54 | 58 | 60 | 64 | 66 | 70 |
| Neck | 13" | 13.5" | 14" | 14.25" | 14.5" | 14.75" | 15" | 15.25" | 15.5" | 15.75" | 16" | 16.25" | 16.5" | 16.75" |
| Sleeve | 29.5" | 29.75" | 30" | 30.25" | 30.5" | 30.75" | 31" | 31.25" | 31.5" | 31.75" | 32" | 32.25" | 32.5" | 32.75" |
| Chest | 31.5" | 32.5" | 33.5" | 34.5" | 35.5" | 36.5" | 37.5" | 39" | 40" | 42" | 44" | 46" | 48" | 50" |
| Hips | 34" | 35" | 36" | 37" | 38" | 39" | 40" | 41.5" | 43" | 44.5" | 46.5" | 48.5" | 50.5" | 52.5" |
| Natural Waist | 24.5" | 25.5" | 26.5" | 27.5" | 28.5" | 29.5" | 30.5" | 31.5" | 32.5" | 35" | 37" | 39" | 41" | 43" |
| Waist | 26.5" | 27.5" | 28.5" | 29.5" | 30.5" | 31.5" | 32.5" | 33.5" | 34.5" | 37" | 39" | 41" | 43" | 45" |
| Waist - Maternity | 31" | 33" | 35" | 37" | 39" | 41" | 43" | 45" | 48" | 51" | 54" | 57" | 60" | 63" |
| Inseam - Short | 29.5" | 30" | 30.5" | 31" | 31.5" | 32" | 33.5" | 34" | 34.5" | 35" | 35.5" | 36" | 36.5" | 37" |
| Inseam - Regular | 30" | 30.5" | 31" | 31.5" | 32" | 32.5" | 34" | 34.5" | 35" | 35.5" | 36" | 36.5" | 37" | 37.5" |
| Inseam - Tall | 31" | 31.5" | 32" | 32.5" | 33" | 34" | 35" | 35.5" | 36" | 36.5" | 37" | 37.5" | 38" | 38.5" |

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.
- **Natural Waist:** Bend torso side to side to find natural waist. Measure the narrowest part.
- **Waist:** Measure where you normally wear your pants.
- **Inseam:** Measure from crotch to floor without shoes. *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 with your order number and inseam measurement.

BETWEEN SIZES

If your measurements are between the sizes listed in the chart, pick the larger size. Depending on the garment, we have special FitToPerform™ tech built in for Best Fit, Performance and Feel.