## 7MESH MEN'S

## BODY MEASUREMENT STANDARDS

| $\underset{\mathrm{CM}}{\text { METRIC }} \quad \bullet$ | CHEST CIRCUMFERENCE | WAIST CIRCUMFERENCE | HIP <br> CIRCUMFERENCE | THIGH CIRCUMFERENCE | ARM <br> Length | INSEAM <br> LENGTH |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| XS | 91 | 76 | 91 | 56 | 57 | 77 |
| S | 96 | 81 | 96 | 58 | 58 | 79 |
| M | 101 | 86 | 101 | 61 | 61 | 81 |
| L | 106 | 91 | 106 | 64 | 63 | 83 |
| XL | 111 | 96 | 111 | 66 | 65 | 85 |
| XXL | 116 | 101 | 116 | 68 | 67 | 87 |

IMPERIAL

| $\circ$ | CHEST <br> CIRCUMFERENCE | WAIST <br> CIRCUMFEREN |
| :---: | :---: | :---: |
| XS | 36 | 30 |
| S | 38 | 32 |
| M | 40 | 34 |
| L | 42 | 36 |
| XL | 44 | 38 |
| XXL | 46 | 40 |


| HIP <br> CIRCUMFERENCE | THIGH <br> CIRCUMFERENCE |
| :---: | :---: |
| 36 | 22 |
| 38 | 23 |
| 40 | 24 |
| 42 | 25 |
| 44 | 26 |
| 46 | 27 |


| $\substack{\text { LENGTH }}$ | INSEAM <br> LENGTH |
| :---: | :---: |
| 24 | $301 / 2$ |
| $241 / 2$ | $31^{11 / 4}$ |
| 25 | 32 |
| $251 / 2$ | $32^{3} / 4$ |
| 26 | $33^{11 / 2}$ |
| $261 / 2$ | $341 / 4$ |

## 7MESH MEN'S <br> HOW TO MEASURE



Standing relaxed with your legs at a natural distance, measure around the largest part of each thigh. *Size may vary; use the largest measurement.
? MEASUREMENT TIPS:

- For increased accuracy, enlist in the help of a friend!
- Ensure the measuring tape is comfortably snug and parallel to the floor all the way around.

CYCLING APPAREL

