

# HARD SLOG®

## WORKWEAR

### MEASUREMENTS - GUIDE ONLY

PLEASE NOTE: All size results are in cm's unless stated otherwise. The size guide is to assist you in getting the right fit, the first time. Please follow the **HOW TO MEASURE** guide below. For accuracy, take the actual body measurements rather than measuring over your clothes.

### HOW TO MEASURE - Men

#### CHEST

Take the measurement from the widest part of your chest

#### WAIST

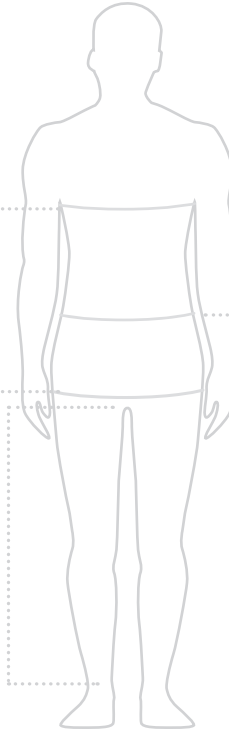
Measure around the narrowest part of your waistline

#### HIP

Measure around the fullest part of your hip

#### CROTCH

Measure the inside of your leg from the crotch to the anklebone



#### MENS BODY MEASUREMENTS IN CENTIMETRES

| SIZES TO FIT | 30 / S  | 31      | 32 / M   | 33      | 34 / L   | 35       | 36 / XL  | 38 / XXL | 40 / 3XL | 42 / 4XL | 44       |
|--------------|---------|---------|----------|---------|----------|----------|----------|----------|----------|----------|----------|
| CHEST        | 95 - 99 | -       | 100 -104 | -       | 105 -109 | -        | 110 -114 | 115 -119 | 120 -124 | 125 -129 | 130 -135 |
| WAIST        | 76 - 78 | 79 - 80 | 81 - 85  | 84 - 85 | 86 - 88  | 89 - 90  | 91 - 94  | 95 - 99  | 100 -104 | 105 -109 | 110 -115 |
| HIP          | 90 - 92 | 93 - 94 | 95 - 97  | 98 - 99 | 100 -102 | 103 -104 | 105 -108 | 109 -113 | 114 -117 | 118 -121 | 122 -127 |

#### MENS GARMENT MEASUREMENTS IN CENTIMETRES

##### THIS IS A GUIDE ONLY - TO HELP YOU CHOOSE THE RIGHT SIZE

| SIZES TO FIT                     | XS | S    | M  | L    | XL | 2XL  | 3XL | 4XL  |
|----------------------------------|----|------|----|------|----|------|-----|------|
| AVERAGE SHIRT LONG SLEEVE LENGTH | 62 | 63   | 64 | 65   | 66 | 67   | 68  | 69   |
| AVERAGE SHIRT BODY LENGTH        | 76 | 77.5 | 79 | 80.5 | 82 | 83.5 | 85  | 86.5 |
| NECK CIRCUMFERENCE               | 37 | 39   | 41 | 43   | 45 | 47   | 49  | 51   |