

SIZE GUIDE

ASSOS apparel is cut to mirror your body on the bike, whether that's in our streamlined regularFit or second-skin racingFit. It's normal to feel bib straps and fabric pull while standing. When you move into the riding position, you'll feel the garment "click" into place — disappearing the moment you start pedaling. Note that exact sizes will vary depending on your individual body type.

SHORTS/KNICKERS/TIGHTS

SIZES	WAIST (CM) - (IN)	HEIGHT (CM) - (IN)	HIP (CM) - (IN)
XS	70-74 / 27.5-29.1	155-170 / 61.2-66.9	89-95 / 35-37.4
S	75-80 / 29.2-31.5	165-178 / 65-70	94-100 / 37.5-39.4
M	81-86 / 31.6-33.8	173-188 / 68.1-74	99-106 / 39-41.7
L	87-92 / 33.9-36.2	178-190 / 70-74.8	105-110 / 41.3-43.3
XL	93-99 / 36.3-39	181-195 / 71.3-76.7	109-116 / 42.9-45.6
XLG	100-106 / 39.1-41.7	185+++ / 72.8+++	115-121 / 45.3-47.6
TIR	107+++ / 41.8+++	185+++ / 72.8+++	120+++ / 47.2+++

Measure around the narrowest part of your waist. Then factor in your height. As a third reference point, measure around the fullest part of your hips.

SIZES	HIP (CM) - (IN)	HEIGHT (CM) - (IN)
XS	80-86 / 31.5-33.8	145-160 / 58.1-63
S	87-93 / 33.9-36.6	155-168 / 61.2-66.1
M	94-100 / 36.7-39.4	163-178 / 64.2-70.1
L	101-107 / 39.5-41.1	168-180 / 66.1-70.8
XL	108-114 / 41.2-44.9	171-185 / 67.3-72.8
XLG	115+++ / 45+++	175+++ / 68.9+++

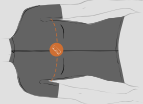
Measure around the fullest part of your hips. Then factor in your height.



SIZES	CHEST (CM) - (IN)	HEIGHT (CM) - (IN)	WAIST (CM) - (IN)
XS	88-91 / 34.6-35.8	155-170 / 61.2-66.9	70-74 / 27.5-29.1
S	92-95 / 35.9-37.4	165-178 / 65-70	75-80 / 29.2-31.5
M	96-100 / 37.5-39.4	173-188 / 68.1-74	81-86 / 31.6-33.8
L	101-106 / 39.5-41.7	178-190 / 70-74.8	87-92 / 33.9-36.2
XL	107-113 / 41.8-44.5	181-195 / 71.3-76.7	93-99 / 36.3-39
XLG	114-121 / 44.6-47.6	185+++ / 72.8+++	100-106 / 39.1-41.7
TIR	122-129 / 47.7-50.8	185+++ / 72.8+++	107+++ / 41.8+++

Measure around the fullest part of your chest.

JERSEYS/JACKETS/SHELLS



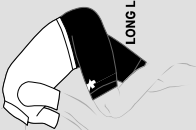
SIZES	CHEST (CM) - (IN)	HEIGHT (CM) - (IN)
XS	77-82 / 30.3-32.3	145-160 / 58.1-63
S	83-88 / 32.4-34.6	155-168 / 61.2-66.1
M	89-95 / 34.7-37.4	163-178 / 64.2-70.1
L	96-103 / 37.5-40.5	168-180 / 66.1-70.8
XL	104-111 / 40.6-43.7	171-185 / 67.3-72.8
XLG	112+++ / 43.8+++	175+++ / 68.9+++

Measure around the fullest part of your chest.

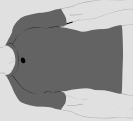
LEG LENGTH

Most ASSOS SHORTS feature a **STANDARD LENGTH** that falls between mid-thigh and the knee, depending on body type.

Shorts in **LONG** are slightly longer than Standard, while shorts in **SHORT** are slightly shorter than Standard.

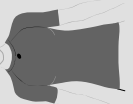


BASE LAYERS



SIZES	JERSEY SIZE
0	XS - S
I	M
II	L - XL
III	XLG - TIR

Match your standard ASSOS jersey size with the corresponding numeral.



SIZES	JERSEY SIZE
0	XS - S
I	M
II	L - XL

Match your standard ASSOS jersey size with the corresponding numeral.