

# GASP SIZE GUIDELINE





Start by checking the height and weight graph below. It gives you a good start in choosing your size. Follow the instructions below.

	S	M	L	XL	XXL	3XL
195 cm / 6.4 ft						
190 cm / 6.2 ft						
185 cm / 6.1 ft						
180 cm / 5.9 ft						
175 cm / 5.7 ft						
170 cm / 5.6 ft						
165 cm / 5.4 ft						
	70x-80 kg / 154-176 lbs	80-90 kg / 176-198 lbs	90-100 kg / 198-220 lbs	100-110 kg / 220-242 lbs	110-120 kg / 242-264 lbs	120-135 kg / 264-298 lbs

## MEASURE YOUR BODY

- Use a measuring tape for the below measurements.
- Body measurements are given in centimeters as well as inches.
- If your body measurement is on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit.
- If your body measurements for chest and waist results in two different suggested sizes, order the size that fits your chest measurement.

 = recommended size  
 = choose between tight or loose fit



- 1. WAIST** Measure around the narrowest part of your waist, keeping the tape horizontal.
- 2. CHEST** Measure around the fullest part across the chest (approx. 2.5cm / 1 inch down from armpit) and around your back, keeping the tape horizontal.
- 3. SEAT** Measure around the fullest part across seat, keeping the tape horizontal.
- 4. INSEAM** Measure along your leg from crotch down to floor, while standing straight (get help from a friend of yours).

cm	S	M	L	XL	XXL	3XL
Chest	106	112	118	126	134	142
Waist	76	82	88	96	104	112
Seat	96	102	108	116	124	132
Inseam	79	80	81	82	83	84

inch	S	M	L	XL	XXL	3XL
Chest	41 3/4	44 1/9	46 4/9	49 3/5	52 3/4	55 8/9
Waist	29 8/9	32 2/7	34 5/8	37 4/5	41	44 1/9
Seat	37 4/5	40 1/6	42 1/2	45 2/3	48 5/6	52
Inseam	31 1/9	31 1/2	31 8/9	32 2/7	32 2/3	33 1/9

**Disclaimer** All of the above are guidelines to assist you in finding your size. In the end it is always up to you to decide what size to choose based on what you are most comfortable in.