

Size Guide

size comparisons												
US	standard men's	ladies sizes	standard men's s.	slender	stocky	lager waist	waist (in)	ladies sizes		slender	stocky	waist (in)
XXS		32						DXXS	32	68/L-DXXS	17/K-DXXS	26/27
XS	42/44	34	44	90/L-XS				DXS	32/34	72/L-DXS	18/K-DXS	28
S	44/46	36/28	46	94/L-S			29	DS	36/38	76/L-DS	19/K-DS	29
M	48/50	40	48	98/L-M	24/K-S		30/31	DM	38/40	80/L-DM	20/K-DM	30/31
L	50/52	42/44	50	102/L-L	25/K-M		32/33	DL	40/42	84/L-DL	21/K-DL	32/33
XL	54	46/48	52	106/L-XL	26/K-L		33/34	DXL	42/44	88/L-DXL	22/K-DXL	33/34
XXL	56/58	48/50	54	110/L-XXL	27/K-XL	275	36/38	DXXL	44/46		23/K-DXXL	36/38
3XL	60/62	52	56	114/L-XXL	28/K-XXL	285	38	D3XL	46//48			38
4 XL	64/66	56	58	118/L-3XL	29/K-3XL	295	40/42	D4XL	48/50			40/42
5 XL	68/70	60	60		30/K-4XL	305	42	D5XL	50/52			42
6 XL	72		62			315	44					
7 XL	74		64			325	46					
8 XL			66			325	48					
9 XL			68			335	48/50					
10 XL			70			345	50					
			72			355						

A Chest: Measure around the chest under the arms.

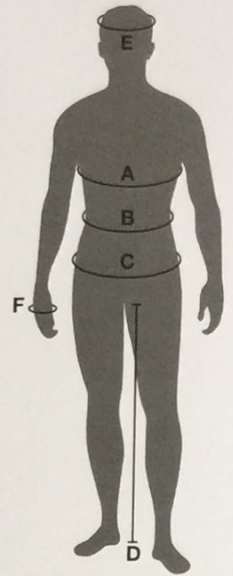
B Waist: Take the measurement with the tape fitting closely around the waist

C Hip: Take the measurement at the widest point.

D Inside: Measure from the crotch to the sole of the foot.

E Helmet size: Measure your head at the widest point .

F Measure your Hand over the knuckles with the HELD measuring tape Art. 9622.



ladies standard							
Continental	Universal	UK	height	chest (A)	waist (B)	hip (C)	inside leg
32	DXXS	26	159-164	76-79	60-63	84-87	74-76,5
34	DXS/XS	27	161-166	80-83	64-67	88-91	75-77,5
36	DS/S	27/28	163-168	84-87	68-71	92-95	76-78,5
38	DS/S	29	165-170	88-91	72-75	96-99	77-79,5
40	DM/M	30/31	167-172	92-95	76-79	100-103	78-80,5
42	DL/L	32/33	169-174	96-99	80-84	104-107	79-81,5
44	DXL/L	34	169-174	100-103	85-89	108-111	79-81,5
46	DXXL/XL	36	171-176	104-109	90-95	112-115	80-82,5
48	D3XL/XL	38	171-176	110-115	96-101	116-119	80-82,5
50	D4XL/XXL	40	171-176	116-121	102-107	120-123	80-82,5
52	D5XL/XXXL	42	172-177	122-127	108-113	124-127	81-83,5

ladies special sizes: slender							
76	L-DS/S	29	173-178	88-91	72-75	96-99	81-84,5
80	L-DM/M	30/31	175-180	92-95	76-79	100-103	82-85,5
84	L-DL/L	32/33	177-182	96-99	80-83	104-107	83-86,5
88	L-DXL/L	33/34	179-184	100-103	85-89	108-111	84-87,5

ladies special sizes: stocky							
19	K-DS/S	29	157-162	88-91	72-75	96-99	73-76,5
20	K-DM/M	30/31	159-164	92-95	76-79	100-103	74-77,5
21	K-DL/L	32/33	161-166	96-99	80-84	104-107	75-78,5
22	K-DXL/L	33/34	163-168	100-103	85-89	108-111	76-79,5
23	K-DXXL/XL	36/38	165-170	104-107	90-94	112-115	77-80,5
24	K-D3XL-XL	38	167-172	108-111	95-99	116-119	78-81,5

children's sizes						
	height	chest (A)	waist (B)	hip (C)	inside leg	
128	117-128	64-68	61-64	74-77	51-57	
140	129-140	69-73	65-68	78-81	58-64	
152	141-152	74-78	69-72	82-85	65-71	
164	153-164	79-83	73-76	86-90	72-78	

babies						
	chest (A)	hip (C)				
68	39-42	43-46				
74	43-46	45-48				
80	47-50	47-50				
86	51-54	49-53				
92	52-55	52-56				
98	54-56	55-58				

boot sizes															
35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
3	3,5	4,5	5	6	6,5	7,5	8	9	9,5	10,5	11	12	12,5	13,5	14,5

helmet/head sizes									
XXXS	XXS	XS	S	M	L	XL	XXL	3XL	
49/50	51/52	53/54	55/56	57/58	59/60	61/62	63/64	65/66	

standard men's							
Continental	Universal	UK	height	chest (A)	waist (B)	hip (C)	inside leg
46	S	29	169-174	92-95	80-83	92-95	77,5-80
48	M	30/31	172-177	96-99	84-88	96-99	79-81,5
50	M	32/33	175-180	100-103	89-92	100-103	80,5-83
52	L	33/34	178-183	104-107	93-97	104-107	82-84,5
54	XL	36/38	180-185	108-111	98-102	108-111	83-85,5
56	XXL	38	182-187	112-115	103-107	112-115	84-86,5
58	XXL	40/42	184-189	116-119	108-111	116-119	85-87,5
60	3XL	42	186-191	120-123	113-117	120-123	86-88,5
62	3XL	44	188-193	124-127	118-122	124-127	87-89,5
64	4XL	46	190-195	128-131	123-127	128-131	88-90,5
66	4XL	48	192-197	132-135	128-132	132-135	89-91,5
68	5XL	50	194-199	136-139	133-137	136-139	90-92,5
70	5XL		196-201	140-143	138-142	140-143	91-93,5
72	6XL		198-203	144-147	143-147	144-147	92-94,5
74	7XL		198-203	148-151	148-152	148-151	93-95,5
76	8XL		198-203	149-152	153-157	149-152	93-95,5
78	9XL		198-203	150-153	158-162	150-153	93-95,5
80	10XL		198-203	151-154	163-167	151-154	93-95,5

men's special sizes: slender							
94	L-S	29	180-185	92-96	79-82	92-95	82,5-85
98	L-M	30/31	182-187	97-101	86-90	96-99	83,5-86
102	L-L	32/33	184-189	102-105	91-95	100-103	85-87,5
106	L-XL	34/36	186-191	106-109	96-99	104-107	86-88,5
110	L-XXL	38/40	188-193	110-113	100-104	108-111	87-89,5

men's special sizes: stocky							
24	K-S	30/31	168-173	96-99	88-92	96-99	74,5-77
25	K-M	31/32	169-174	100-103	93-96	100-103	76-78,5
26	K-L	33/34	172-177	104-107	97-101	104-107	77,5-80
27	K-XL	34/36	174-179	108-111	102-106	108-111	79-81,5
28	K-XXL	38	176-181	112-115	107-111	112-115	80-82,5
29	K-3XL	40	178-183	116-119	112-116	116-119	81-83,5
30	K-4XL	42/44	180-185	120-123	117-121	120-123	82,0-84,5

men's larger waist sizes							
275		36/38	169-174	108-111	98-101	112-115	74-76,5
285		38	171-176	112-115	102-105	114-118	75-77,5
295		40/42	173-178	116-119	106-109	119-123	76-78,5
305		42	175-180	120-123	110-114	124-127	77-79,5
315		44	177-182	124-127	115-118	128-131	78-80,5
325		46/48	179-184	128-131	119-123	132-135	79-81,5
335		48/50	181-186	132-135	124-127	136-139	80-82,5
345		50	183-188	136-139	128-131	140-143	81-93,5
355			185-190	140-143	132-135	144-147	82-84,5

glove sizes						
6,5	7 - 7,5	8 - 8,5	9 - 9,5	10 - 10,5	11	12
XS	S	M	L	XL	XXL	3XL