



UNISEX SIZE CHART

Body Measurements (CM)

SIZE	3XS	2XS	XS	S	M	L	XL	2XL	3XL
Women's Guide	6	8	10	12	14	16	18		
Chest	77-82	82-87	87-92	92-97	97-102	102-107	107-114	114-121	121-128
Waist	62-67	67-72	72-77	77-82	82-87	87-92	92-99	99-106	106-113
Hip	79--84	84-89	89-94	94-99	99-104	104-109	109-116	116-123	123-130

Measurement Guidelines

Chest: Measure around the fullest part of your chest and across your shoulder blades, keeping the tape horizontal and taut.

Waist: Measure around your waist just below the rib cage, keeping the tape horizontal and taut.

Hip: Standing with feet together, measure around the fullest part of your hip, keeping the tape horizontal and taut.

If your body measurement is on the borderline between two sizes, go to the lower size for a tighter fit or the higher size for a looser fit.

The women's guide above is provided to give a rough idea regarding a women's size in a unisex garment. This is not exact.

*** Note: Triathlon garments** are designed to be tight fitting (stretched when on the body) so as to perform properly when swimming, cycling and running. If you have not worn any garments like these before and prefer to wear looser fitting gear you may decide to go up a size (ladies in particular).



WOMEN'S SIZE CHART

Body Measurements (cm)

SIZES	6	8	10	12 (M)	14	16	18
Bust	73-78	78-83	83-88	88-93	93-98	98-103	103-108
Waist	54-59	59-64	64-69	69-74	74-79	79-84	84-89
Hip	79-84	84-89	89-94	94-99	99-104	104-109	109-114

Measurement Guidelines

Chest: Measure around the fullest part of your [bust](#) and across your shoulder blades, keeping the tape horizontal and taut.

Waist: Measure around your waist just below the rib cage, keeping the tape horizontal and taut.

Hip: Standing with feet together, measure around the fullest part of your hip, keeping the tape horizontal and taut.

If your body measurement is on the borderline between two sizes, go to the lower size for a tighter fit or the higher size for a looser fit.