

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

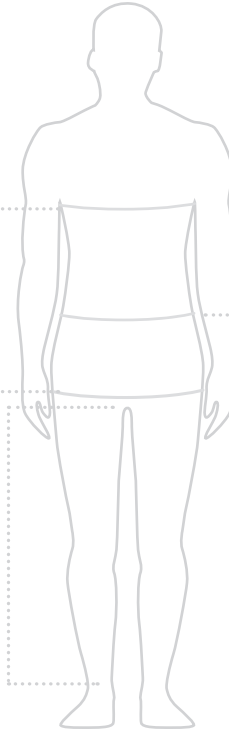
Measure around the narrowest part of your waistline

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