



Measure

- A Height
- B Chest
- C Waist
- D Hip
- E Side seam
- F Arm
- G Thigh
- H Inside leg length
- K Biceps

- A) Height: measure the height of your body from top of your head to the end of your legs
- B) Chest: measure around the chest horizontally at the widest point
- C) Waist: measure around the narrowest part of your waist
- D) Hips: measure around the widest point
- E) Side seam: measure from the waist to just below the anklebone
- F) Arm: measure from the base of your neck to the end of your sleeve from the upper side of your arm
- G) Thigh: measure around it at the widest point
- H) Inside leg length: measure from the top of the inside leg to just below the ankle
- K) Biceps: measure around one at the widest point

**Please pay extra attention to the measurement table. It is possible to notice differences in sizes of different manufacturers!
Siven Active Sport follows the measurements described in the table below and cannot be hold responsible for wrongly taken measurements.*

Men /unisex/ sizes

SIZE	S	M	L	XL	XXL	XXXL
Measure						
A Height	168 - 172	172 - 178	178 - 184	178 - 184	186 - 192	186 - 192
B Chest	88 - 94	94 - 100	100 - 106	106 - 112	112 - 118	118 - 124
C Waist	80 - 84	84 - 90	92 - 98	98 - 104	104 - 108	108 - 112
D Hip	92 - 96	96 - 102	102 - 108	108 - 114	114 - 118	118 - 122
E Side seam	98 - 102	102 - 106	106 - 110	106 - 110	110 - 114	110 - 114
F Arm	62 - 65	65 - 68	68 - 71	68 - 71	74 - 76	74 - 76
G Thigh	54 - 56	56 - 58	58 - 60	60 - 62	62 - 65	65 - 68
H Inside leg	74 - 76	76 - 78	78 - 80	78 - 80	80 - 82	80 - 82
K Biceps	31 - 33	33 - 35	35 - 37	37 - 39	39 - 41	41 - 44

Women sizes

SIZE	XS	S	M	L	XL	XXL
Measure						
A Height	156 - 162	162 - 168	168 - 172	172 - 176	172 - 176	176 - 180
B Chest	76 - 82	82 - 88	88 - 94	94 - 100	100 - 106	106 - 110
C Waist	62 - 66	68 - 72	72 - 76	76 - 80	80 - 86	86 - 92
D Hip	86 - 90	90 - 94	94 - 100	100 - 106	106 - 112	112 - 118
E Side seam	90 - 94	94 - 98	98 - 102	102 - 106	102 - 106	106 - 110
F Arm	58 - 60	60 - 62	62 - 64	64 - 66	66 - 68	68 - 70
G Thigh	51 - 53	53 - 55	55 - 58	58 - 62	62 - 66	66 - 70
H Inside leg	70 - 72	72 - 74	74 - 76	76 - 78	76 - 78	78 - 80
K Biceps	24 - 26	26 - 28	28 - 30	30 - 32	32 - 35	35 - 38

Kids sizes

SIZE	120	130	140	150
Age	6-7	8-9	10-11	12-13
Measure				
A Height	116-125	126-135	136-145	146-155
B Chest	60-64	64-68	68-72	72-76
C Waist	56-59	59-62	62-65	66-70
D Hip	66-70	70-74	74-78	78-82
F Arm	41-44	44-48	48-52	52-56