

## MENS

EURO	ALPHA	USA / UK (inch)
42	XS	32
44	S	34
46	S	36
48	M	38
50	M	40
52	L	42
54	L	44
56	XL	46
58	XL	48
60	2XL	50
62	3XL	52
64	4XL	54

## LADIES

EURO	ALPHA	USA / UK (inch)
38	XXS	0
40	XS	2
42	S	4
44	M	6
46	M	8
48	L	10
50	XL	12
52	XL	14
54	XXL	16

## MENS

SIZE	INCH	WAIST (cm)
44	26   27	74 - 76
46	28   29	79 - 82
48	30   31	84 - 87
50	32   33	89 - 92
52	34   35	94 - 97
54	36   37	100 - 102
56	38   39	105 - 107
58	40   41	110 - 112
60	42   43	115 - 117
62	44	120

## LADIES

SIZE	INCH	WAIST (cm)
44	26   27	74 - 76
46	28   29	79 - 82
48	30   31	84 - 87
50	32   33	89 - 92
52	34   35	94 - 97
54	36   37	100 - 102
56	38   39	105 - 107
58	40   41	110 - 112
60	42   43	115 - 117
62	44	120

## MENS

SIZE	INCH	CM
XS	7.5	19.1
S	8	20.3
M	8.5	21.6
L	9	22.9
XL	9.5	24.1
XXL	10	25.4
XXXL	10.5	26.7

## LADIES

SIZE	INCH	CM
XS	6	15.2
S	6.5	16.5
M	7	17.8
L	7.5	19.1
XL		
XXL		
XXXL		

EU	UK	US
36	3.5	4.5
37	4.5	5.5
38	5	6
39	6	7
40	6.5	7.5
41	7.5	8.5
42	8	9
43	9	10
44	10	11
45	10.5	11.5

EU	UK	US
46	11.5	12.5
47	12	13
48	12.5	13.5
49	13.5	14.5
50	14.5	15.5