

# Lindström General measurement chart, Men and Unisex

EU market area

## Numeric sizes for men's trousers, shorts, bermudas, overalls, dungarees and bib&braces

	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70
<b>Waist (cm)</b>	53-58	58-63	63-68	68-73	73-78	78-83	83-88	88-93	93-98	98-103	103-108	108-113	113-118	118-123	123-128	128-133	133-138
<b>Hip (cm)</b>	76-80	80-84	84-88	88-92	92-96	96-100	100-104	104-108	108-112	112-116	116-120	120-124	124-128	128-132	132-136	136-140	140-144
<b>Leg length (cm)</b>	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	91	91

## Numeric sizes for men's jacket, coats and shirts

	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70
<b>Chest (cm)</b>	73-76	76-80	80-84	84-88	88-92	92-96	96-100	100-104	104-108	108-112	112-116	116-120	120-124	124-128	128-132	132-136	136-140
<b>Waist (cm)</b>	53-58	58-63	63-68	68-73	73-78	78-83	83-88	88-93	93-98	98-103	103-108	108-113	113-118	118-123	123-128	128-133	133-138
<b>Hip (cm)</b>	76-80	80-84	84-88	88-92	92-96	96-100	100-104	104-108	108-112	112-116	116-120	120-124	124-128	128-132	132-136	136-140	140-144

## Letter sizes for men's trousers

	3S	2S	XS	S	M	L	XL	2L	3L	4L	5L	6L
<b>Waist (cm)</b>	49-56	56-63	63-71	71-78	78-86	86-93	93-101	101-108	108-116	116-123	123-131	131-138
<b>Hip (cm)</b>	72-78	78-84	84-90	90-96	96-102	102-108	108-114	114-120	120-126	126-132	132-138	138-144
<b>Leg length (cm)</b>	76-77	77-78	78-80	80-81	81-83	83-84	84-86	86-87	87-89	89-90	90-91	91

## Letter sizes for men's jackets, coats, waistcoats, t-shirts, polo shirts and shirts

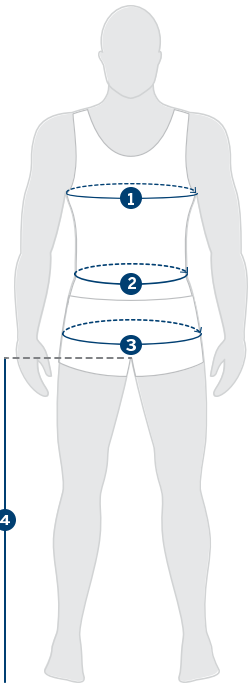
	3S	2S	XS	S	M	L	XL	2L	3L	4L	5L	6L
<b>Chest (cm)</b>	68-74	74-80	80-86	86-92	92-98	98-104	104-110	110-116	116-122	122-128	128-134	134-140
<b>Waist (cm)</b>	49-56	56-63	63-71	71-78	78-86	86-93	93-101	101-108	108-116	116-123	123-131	131-138
<b>Hip (cm)</b>	72-78	78-84	84-90	90-96	96-102	102-108	108-114	114-120	120-126	126-132	132-138	138-144

### Instruction for measuring:

1. Girth of the chest, measured horizontally.
2. Girth of the waist, measured horizontally around your waist, slightly below your natural waist.
3. Girth of the hip, measured horizontally at largest line on the hip.
4. Measurement of the leg, measured from the crotch to the floor, no footwear.

### Instructions for a selecting the correct size:

1. Take all the measurements, which are listed to the measurement chart. Use the measurement band.
2. If the measured measurements are between two sizes, choose the bigger size.
3. Select the size by using the width measures. If the leg length is 4 cm longer or shorter than in measurement chart, please contact to customer service.



## Numeric sizes for women's trousers, shorts, bermudas, skirts, bib&braces

	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62
<b>Waist (cm)</b>	48-52	52-56	56-60	60-64	64-68	68-72	72-76	76-80	80-84	84-88	88-94	94-100	100-106	106-112	112-118	118-124	124-130	130-136
<b>Hip (cm)</b>	72-76	76-80	80-84	84-88	88-92	92-96	96-100	100-104	104-108	108-112	112-118	118-124	124-130	130-136	136-141	141-148	148-154	154-160
<b>Leg length (cm)</b>	70	70	70	71	72	73	74	75	76	77	78	79	80	81	82	82	82	82

## Numeric sizes for women's jackets, shirts, blouses and tunics

	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62
<b>Chest (cm)</b>	64-68	68-72	72-76	76-80	80-84	84-88	88-92	92-96	96-100	100-104	104-110	110-116	116-122	122-128	128-134	134-140	140-146	146-152
<b>Waist (cm)</b>	48-52	52-56	56-60	60-64	64-68	68-72	72-76	76-80	80-84	84-88	88-94	94-100	100-106	106-112	112-118	118-124	124-130	130-136
<b>Hip (cm)</b>	72-76	76-80	80-84	84-88	88-92	92-96	96-100	100-104	104-108	108-112	112-118	118-124	124-130	130-136	136-141	141-148	148-154	154-160

## Letter sizes for women's trousers

	2S	XS	S	M	L	XL	2L	3L	4L	5L	6L	7L
<b>Waist (cm)</b>	50-56	56-62	62-68	68-74	74-80	80-86	86-94	94-104	104-112	112-122	122-130	130-136
<b>Hip (cm)</b>	74-80	80-86	86-92	92-98	98-104	104-110	110-118	118-128	128-136	136-146	146-154	154-160
<b>Leg length (cm)</b>	70	71	72	73-74	75	76-77	78	79-80	81	82	82	82

## Letter sizes for women's jackets and coats

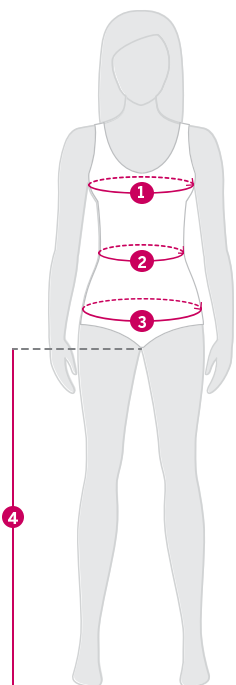
	2S	XS	S	M	L	XL	2L	3L	4L	5L	6L	7L
<b>Chest (cm)</b>	66-72	72-78	78-84	84-90	90-96	96-102	102-110	110-118	118-128	128-138	138-146	146-152
<b>Waist (cm)</b>	50-56	56-62	62-68	68-74	74-80	80-86	86-94	94-104	104-112	112-122	122-130	130-136
<b>Hip (cm)</b>	74-80	80-86	86-92	92-98	98-104	104-110	110-118	118-128	128-136	136-146	146-154	154-160

### Instruction for measuring:

1. Girth of the chest, measured horizontally.
2. Girth of the waist, measured horizontally around your waist, slightly below your natural waist.
3. Girth of the hip, measured horizontally at largest line on the hip.
4. Measurement of the leg, measured from the crotch to the floor, no footwear

### Instructions for selecting the correct size:

1. Take all the measurements, which are listed to the measurement chart. Use the measurement band.
2. If the measured measurements are between two sizes, choose the bigger size.
3. Select the size by using the width measures. If the leg length is 4 cm longer or shorter than in measurement chart, please contact to customer service..



# Lindström General measurement chart, Men and Unisex

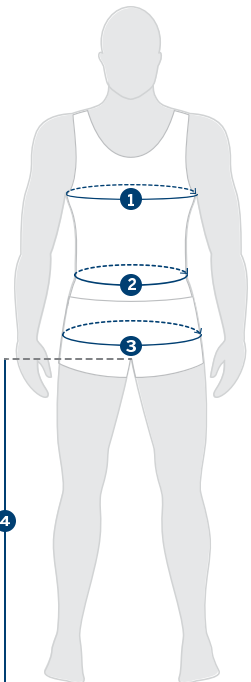
China market area

## Letter sizes for men's trousers

	4S	3S	2S	XS	S	M	L	XL	2L	3L	4L	5L	6L
<b>Waist (cm)</b>	50-55	55-60	60-65	65-70	70-75	75-80	80-85	85-90	90-95	95-100	100-105	105-110	110-115
<b>Hip (cm)</b>	65-70	70-75	75-80	80-85	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130
<b>Leg length (cm)</b>	62-64	64-66	66-68	68-70	70-72	72-74	74-76	76-78	78-80	80-82	82-84	84-86	86-88

## Letter sizes for men's jackets, coats, waistcoats, t-shirts, polo shirts and shirts

	4S	3S	2S	XS	S	M	L	XL	2L	3L	4L	5L	6L
<b>Chest (cm)</b>	60-65	65-70	70-75	75-80	80-85	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125
<b>Waist (cm)</b>	50-55	55-60	60-65	65-70	70-75	75-80	80-85	85-90	90-95	95-100	100-105	105-110	110-115
<b>Hip (cm)</b>	65-70	70-75	75-80	80-85	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130



### Instruction for measuring:

1. Girth of the chest, measured horizontally.
2. Girth of the waist, measured horizontally around your waist, slightly below your natural waist.
3. Girth of the hip, measured horizontally at largest line on the hip.
4. Measurement of the leg, measured from the crotch to the floor, no footwear.

### Instructions for a selecting the correct size:

1. Take all the measurements, which are listed to the measurement chart. Use the measurement band.
2. If the measured measurements are between two sizes, choose the bigger size.
3. Select the size by using the width measures. If the leg length is 4 cm longer or shorter than in measurement chart, please contact to customer service.

# Lindström General measurement chart, Women

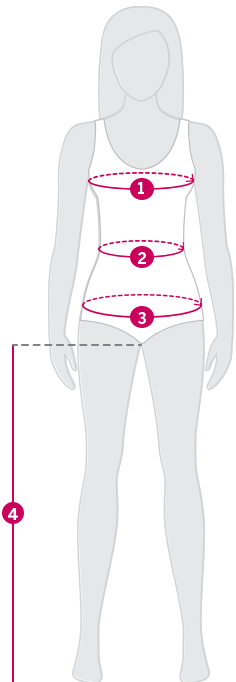
China market area

## Letter sizes for women's trousers

	4S	3S	2S	XS	S	M	L	XL	2L	3L	4L	5L	6L
<b>Waist (cm)</b>	53-57	57-61	61-65	65-69	69-73	73-77	77-81	81-85	85-89	89-93	93-97	97-101	101-105
<b>Hip (cm)</b>	70-74	74-78	78-82	82-86	86-90	90-94	94-98	98-102	102-106	106-110	110-114	114-118	118-122
<b>Leg length (cm)</b>	56-58	58-60	60-62	62-64	64-66	66-68	68-70	70-72	72-74	74-76	76-78	78-80	80-82

## Letter sizes for women's jackets and coats

	4S	3S	2S	XS	S	M	L	XL	2L	3L	4L	5L	6L
<b>Chest (cm)</b>	68-72	72-76	76-80	80-84	84-88	88-92	92-96	96-100	100-104	104-108	108-112	112-116	116-120
<b>Waist (cm)</b>	53-57	57-61	61-65	65-69	69-73	73-77	77-81	81-85	85-89	89-93	93-97	97-101	101-105
<b>Hip (cm)</b>	70-74	74-78	78-82	82-86	86-90	90-94	94-98	98-102	102-106	106-110	110-114	114-118	118-122



### Instruction for measuring:

1. Girth of the chest, measured horizontally.
2. Girth of the waist, measured horizontally around your waist, slightly below your natural waist.
3. Girth of the hip, measured horizontally at largest line on the hip.
4. Measurement of the leg, measured from the crotch to the floor, no footwear

### Instructions for selecting the correct size:

1. Take all the measurements, which are listed to the measurement chart. Use the measurement band.
2. If the measured measurements are between two sizes, choose the bigger size.
3. Select the size by using the width measures. If the leg length is 4 cm longer or shorter than in measurement chart, please contact to customer service..

# Lindström General measurement chart, Men and Unisex

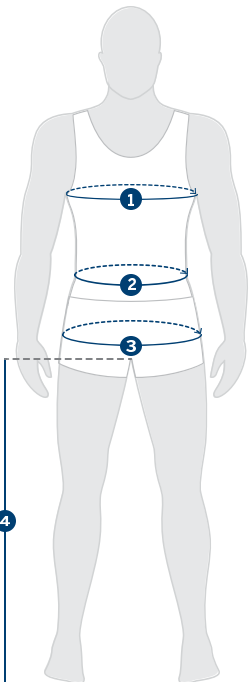
India market area

## Letter sizes for men's trousers

	4S	3S	2S	XS	S	M	L	XL	2L	3L	4L	5L	6L
<b>Waist (cm)</b>	54-59	59-64	64-69	69-74	74-79	79-84	84-89	89-94	94-99	99-104	104-109	109-114	115-119
<b>Hip (cm)</b>	64-69	69-74	74-79	79-84	84-89	89-94	94-99	99-104	104-109	109-114	114-119	119-124	124-129
<b>Leg length (cm)</b>	64-66	66-68	68-70	70-72	72-74	74-76	76-78	78-80	80-82	82-84	84-86	86-88	88-90

## Letter sizes for men's jackets, coats, waistcoats, t-shirts, polo shirts and shirts

	4S	3S	2S	XS	S	M	L	XL	2L	3L	4L	5L	6L
<b>Chest (cm)</b>	61-66	66-71	71-76	76-81	81-86	86-91	91-96	96-101	101-106	106-111	111-116	116-121	121-126
<b>Waist (cm)</b>	54-59	59-64	64-69	69-74	74-79	79-84	84-89	89-94	94-99	99-104	104-109	109-114	115-119
<b>Hip (cm)</b>	64-69	69-74	74-79	79-84	84-89	89-94	94-99	99-104	104-109	109-114	114-119	119-124	124-129



### Instruction for measuring:

1. Girth of the chest, measured horizontally.
2. Girth of the waist, measured horizontally around your waist, slightly below your natural waist.
3. Girth of the hip, measured horizontally at largest line on the hip.
4. Measurement of the leg, measured from the crotch to the floor, no footwear.

### Instructions for a selecting the correct size:

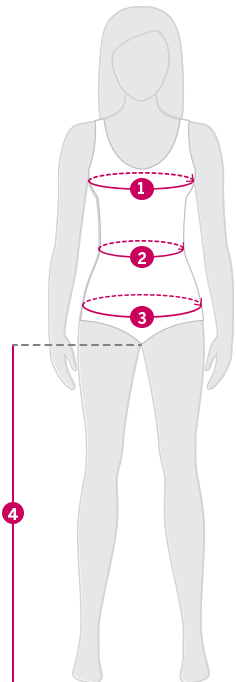
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2. If the measured measurements are between two sizes, choose the bigger size.
3. Select the size by using the width measures. If the leg length is 4 cm longer or shorter than in measurement chart, please contact to customer service.

## Letter sizes for women's trousers

	4S	3S	2S	XS	S	M	L	XL	2L	3L	4L	5L	6L
<b>Waist (cm)</b>	44-49	49-54	54-59	59-64	64-69	69-74	74-79	79-84	84-89	89-94	94-99	99-104	104-109
<b>Hip (cm)</b>	65-70	70-75	75-80	80-85	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130
<b>Leg length (cm)</b>	62-64	64-66	66-68	68-70	70-72	72-74	74-76	76-78	78-80	80-82	82-84	84-86	86-88

## Letter sizes for women's jackets and coats

	4S	3S	2S	XS	S	M	L	XL	2L	3L	4L	5L	6L
<b>Chest (cm)</b>	60-65	65-70	70-75	75-80	80-85	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125
<b>Waist (cm)</b>	44-49	49-54	54-59	59-64	64-69	69-74	74-79	79-84	84-89	89-94	94-99	99-104	104-109
<b>Hip (cm)</b>	65-70	70-75	75-80	80-85	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130



### Instruction for measuring:

1. Girth of the chest, measured horizontally.
2. Girth of the waist, measured horizontally around your waist, slightly below your natural waist.
3. Girth of the hip, measured horizontally at largest line on the hip.
4. Measurement of the leg, measured from the crotch to the floor, no footwear

### Instructions for selecting the correct size:

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