FRISTADS

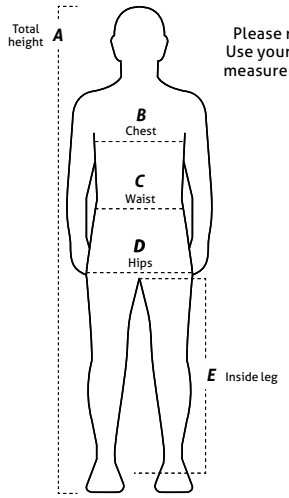
# Size guide
# – workwear

Starting from your own body size, compare to the tables to find the correct size. Choose the table matching your height (A).

The tables for women's garments only apply for garments for woman, otherwise, the tables for men apply. There are separate size tables for Acode.

When buying trousers, measure A, C, D, E and for jackets, measure B (sizes XS-5XL). Measure A, B, D, E for coveralls and, depending on your height, choose regular, long or short in the tables.

**Please note!**
All measurements given in the tables are body size, except the inside leg, which is equivalent to the garment's size.




Please note!
Use your body measurements

## Jackets, trousers and coveralls

| Men sizes | XXS | | XS | | S | | M | | L | | XL | | 2XL | | 3XL | | 4XL | | 5XL | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **A. Regular (normal waist)** 176-184 cm | | C40 | C42 | C44 | C46 | C48 | C50 | C52 | C54 | C56 | C58 | C60 | C62 | C64 | C66 | | | | | |
| **A. Tall (normal waist)*** 184-192 cm | | | | C144 | C146 | C148 | C150 | C152 | C154 | C156 | C158 | C160 | C162 | C164 | C166 | C168 | *size group tall for coveralls | | | |
| B. Chest cm | 76 | 80 | 84 | 88 | 92 | 96 | 100 | 104 | 108 | 112 | 116 | 120 | 124 | 128 | 132 | 136 | 140 | 144 | 148 | 152 |
| C. Waist cm | 64 | 68 | 72 | 76 | 80 | 84 | 88 | 92 | 97 | 102 | 108 | 114 | 120 | 126 | 132 | 138 | 144 | 150 | 156 | 162 |
| D. Hips cm | 85 | 88 | 91 | 94 | 98 | 102 | 106 | 110 | 114 | 118 | 122 | 126 | 130 | 134 | 138 | 142 | 146 | 150 | 154 | 158 |
| **E. Regular** inside leg cm | 80 | 80 | 80 | 80 | 80 | 82 | 82 | 82 | 82 | 84 | 84 | 84 | 84 | 84 | 84 | 84 | 84 | 84 | 84 | 84 |
| **E. Tall** inside leg cm | | | | 85 | 85 | 87 | 87 | 87 | 87 | 89 | 89 | 89 | 89 | 89 | 89 | 89 | | | | |

| **A. Short (large waist)**** 168 -176 cm | D84 | D88 | D92 | D96 | D100 | D104 | D108 | D112 | D116 | D120 | D124 | D128 | D132 | D136 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B. Chest cm | 84 | 88 | 92 | 96 | 100 | 104 | 108 | 112 | 116 | 120 | 124 | 128 | 132 | 136 |
| C. Waist cm | 78 | 82 | 86 | 90 | 94 | 98 | 103 | 108 | 114 | 120 | 126 | 132 | 138 | 144 |
| D. Hips cm | 93 | 96 | 100 | 104 | 108 | 112 | 116 | 120 | 124 | 128 | 132 | 136 | 140 | 144 |
| E. Inside leg cm | 76 | 76 | 76 | 78 | 78 | 78 | 78 | 80 | 80 | 80 | 80 | 80 | 80 | 80 |

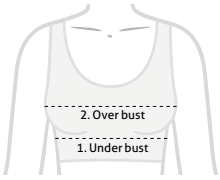
** size group short for coveralls

| Women sizes | XS | S | | M | | L | | XL | | 2XL | | 3XL | | 4XL | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **A. Regular (normal waist)** 164-172 cm | | C34 | C36 | C38 | C40 | C42 | C44 | C46 | C48 | C50 | C52 | | | | |
| B. Chest cm | 76 | 80 | 84 | 88 | 92 | 96 | 100 | 104 | 110 | 116 | 122 | 128 | 134 | 140 | 146 |
| C. Waist cm | 63 | 66 | 69 | 72 | 76 | 80 | 84 | 88 | 93 | 99 | 105 | 111 | 117 | 123 | 129 |
| D. Hips cm | 87 | 90 | 93 | 96 | 99 | 102 | 106 | 110 | 115 | 120 | 125 | 130 | 135 | 140 | 145 |
| E. Inside leg cm | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 |

| Bras | CUP | A | B | C | D | E |
|---|---|---|---|---|---|---|
| 1. Measurements under bust | | 2. Cup size - the circumference over your bust where it is as its biggest, wear an unpadded bra or top when measuring. | | | | |
| **Bra-size** | **cm** | | | | | |
| 75 | 73-77 | 87-89 | 89-91 | 91-93 | 93-95 | |
| 80 | 78-82 | 92-94 | 94-96 | 96-98 | 98-100 | 100-102 |
| 85 | 83-87 | | 99-101 | 101-103 | 103-105 | 105-107 |
| 90 | 88-92 | | | 106-108 | 108-110 | 110-112 |
| 95 | 93-97 | | | | 113-115 | 115-117 |

## Find your bra size

1. Measure the circumference under your bust. The measuring tape should be tight, but not uncomfortable.
2. Measure the circumference over bust, where the measurement is as its biggest.
3. Wear an unpadded bra while measuring your measurements to find correct size of the bra.




## Acode

| Men sizes | XS | S | M | L | XL | 2XL | 3XL | 4XL | 5XL | 6XL |
|---|---|---|---|---|---|---|---|---|---|---|
| | 40-42 | 44-46 | 48-50 | 52-54 | 56-58 | 60-62 | 64-66 | 68-70 | 72-74 | 76-78 |
| B. Chest cm | 80-84 | 88-92 | 96-100 | 104-108 | 112-116 | 120-124 | 128-132 | 136-140 | 144-148 | 152-156 |
| C. Waist cm | 68-72 | 76-80 | 84-88 | 92-97 | 102-108 | 114-120 | 126-132 | 138-144 | 150-156 | 162-168 |

| Women sizes | S | M | L | XL | 2XL |
|---|---|---|---|---|---|
| | 34-36 | 38-40 | 42-44 | 46-48 | 50-52 |
| B. Chest cm | 80-84 | 88-92 | 96-100 | 104-110 | 116-122 |
| C. Waist cm | 66-69 | 72-76 | 80-84 | 88-93 | 99-106 |

## Inches conversions table

| Waist | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Waist inch-size | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 |
| Waist cm | 66 | 69 | 71 | 74 | 76 | 79 | 81 | 84 | 86 | 89 | 91 | 94 | 96 | 99 | 102 | 104 | 107 | 109 | 112 | 114 | 117 | 119 | 122 | 124 | 127 | 129 | 132 | 134 | 137 |

| Length | | | |
|---|---|---|---|
| Inside leg inches | 30 | 32 | 34 |
| Inside leg cm | 76 | 81 | 86 |