

WOMEN

SIZE	L8	L10	L12	L14	L16
HEIGHT (cm)	160	165	170	175	175
WEIGHT (kg)	55-60	60-65	65-70	70-75	75-80
NECK (cm)	32	33	35	37	37
CHEST (cm)	84	88	92	96	100
BODY LENGTH (cm)	141	146	151	156	156
WAIST (cm)	64	66	68	70	72
SEAT (cm)	89	94	99	104	109
THIGH (cm)	51	53	56	59	62
KNEE (cm)	36	37	38	39	40
BELOW KNEE (cm)	32	33	34	35	36
CALF (cm)	33	34	35	36	37
ANKLE (cm)	20	21	22	23	24
LOWER LEG (cm)	31	32	33	34	34
INNER LEG (cm)	68	70	71	72	72
BICEP (cm)	27	28	29	30	31
ELBOW (cm)	25	26	27	28	29
FOREARM (cm)	25	26	27	28	29
WRIST (cm)	15	16	17	18	18
ARM LENGTH (cm)	45	47	49	51	51

MEN – EQ8R AND CLONE

SIZE	XS	S	SM	ST	M	ML	MT	L	XL	XXL
HEIGHT (cm)	165	170	175	190	180	185	190	190	195	195
WEIGHT (kg)	65-70	70-75	75-80	75-80	80-85	85-90	85-90	90-95	95-100	100-105
NECK (cm)	37	38	40	38	40	42	40	42	44	46
CHEST (cm)	91	96	101	96	101	106	101	106	112	118
BODY LENGTH (cm)	148	152	152	166	156	156	166	160	166	172
WAIST (cm)	79	84	84	84	89	89	89	93	97	101
SEAT (cm)	91	94	94	94	99	99	99	103	107	111

MENS CONTINUED

THIGH (cm)	49	53	53	53	58	58	58	60	63	66
KNEE (cm)	37	38	38	38	40	40	40	41	42	43
BELOW KNEE (cm)	33	34	34	34	36	36	36	37	38	39
CALF (cm)	36	38	38	38	40	40	40	41	42	43
ANKLE (cm)	22	22	22	22	24	24	24	25	26	27
LOWER LEG (cm)	32	33	33	37	35	35	37	35	36	37
INNER LEG (cm)	68	70	70	76	72	72	76	72	74	76
BICEP (cm)	28	30	32	30	32	34	32	34	36	38
ELBOW (cm)	27	27	28	27	28	29	28	29	30	31
FOREARM (cm)	28	28	28	28	29	29	29	30	31	32
WRIST (cm)	16.5	17	17	17	18	18	18	19	19.5	20
ARM LENGTH (cm)	48	51	51	55	53	53	55	54	55	56

MEN – ALL OTHER MODELS

SIZE	S	M	MT	L	XL	XXL
HEIGHT (cm)	165	170	190	180	190	195
WEIGHT (kg)	65-70	70-75	75-80	80-85	90-95	95-100
NECK (cm)	37	38	38	40	42	44
CHEST (cm)	91	96	96	101	106	112
BODY LENGTH (cm)	148	152	166	156	160	166
WAIST (cm)	79	84	84	89	93	97
SEAT (cm)	91	94	94	99	103	107
THIGH (cm)	49	53	53	58	60	63
KNEE (cm)	37	38	38	40	41	42

MENS - ALL OTHERS MODELS CONTINUED

BELOW KNEE (cm)	33	34	34	36	37	38
CALF (cm)	36	38	38	40	41	42
ANKLE (cm)	22	22	22	24	25	26
LOWER LEG (cm)	32	33	37	35	35	36
INNER LEG (cm)	68	70	76	72	72	74
BICEP (cm)	28	30	30	32	34	36
ELBOW (cm)	27	27	27	28	29	30
FOREARM (cm)	28	28	28	29	30	31
WRIST (cm)	16.5	17	17	18	19	19.5
ARM LENGTH (cm)	48	51	55	53	54	55

CHILD/YOUTH (SURF LIFESAVING)

SIZE	C2	C4	C6	C8	C10	C12	C14	C16
HEIGHT (cm)	87	102	116	128	138	147	162	172
WEIGHT (kg)	12-15	17-20	21-24	26-29	32-33	38-41	46-49	60-63
NECK (cm)	25	26	29	30	31	32	33	34
CHEST (cm)	59	62	67	71	77	79	82	85
BODY LENGTH (cm)	86	93	99	106	115	125	134	140
WAIST (cm)	48	50	53	55	56	58	60	62
HIPS (cm)	64	67	71	75	77	78	79	80
THIGH (cm)	31	32	34	35	37	38	39	40
KNEE (cm)	-	-	31	32	33	34	35	36
BELOW KNEE (cm)	-	-	28	28	29	29	31	31
CALF (cm)	-	-	27	27	28	29	30	30
ANKLE (cm)	-	-	20	20	20	21	22	22.5
LOWER LEG (cm)	-	-	26.5	27	28	29	30	30

CHILD/YOUTH - SURF LIFESAVING CONTINUED

INNER LEG (cm)	-	-	53	55	56	58	60	62
BICEP (cm)	-	-	25	26	27	28	29	31
ELBOW (cm)	-	-	20	21	22	23	24	24.5
FOREARM (cm)	-	-	20	21	22	23	24	25.5
WRIST (cm)	-	-	13.5	14	14	14	14.5	15.5
ARM LENGTH (cm)	-	-	37	38	40	42	44	45

HOW TO TAKE YOUR MEASUREMENTS

You will need:

- 150cm measuring tape (you can buy one cheaply from the supermarket).
- A friend to measure you. It's very important that you don't take the measurements yourself.

Measuring tips:

- Do not measure yourself
- Wear your underwear or thin, tight-fitting clothing e.g. sportswear
- Hold the measuring tape firmly against the body
- Take each measurement twice and make sure it is the same both times

Measurement instructions:

- **Neck:** Measure around the neck, looking straight ahead
- **Chest:** Relax arms at sides. Measure around the biggest part at mid-breath
- **Body Length:** Hold measuring tape at the dent in the front of the neck. Measure down over the belly button, between the legs and up the back to the bump at the base of the neck. Pull the tape tight so it is firm against the body. For an adult the measurement should be around 140cm - 180cm
- **Waist:** Measure around the waist at the belly button
- **Seat:** Measure around the bottom at the biggest part
- **Thigh:** Hold measuring tape as far up the leg as possible and measure around the thigh
- **Knee:** Hold measuring tape on the knee cap and measure around the leg
- **Below Knee:** Hold measuring tape just below the knee cap and measure around the leg
- **Calf Circumference:** Measure around the biggest part
- **Ankle:** Hold measuring tape just above the ankle and measure around the smallest part
- **Lower Leg:** Using your finger, trace a line from just below knee cap to inside leg. Measure from this point down to ankle bone.
- **Inner Leg:** Hold measuring tape as far up the leg as possible (in the crotch) and measure down inside leg to ankle bone

- **Bicep:** Keep arm relaxed. Find the bicep (about half-way between elbow and shoulder) and measure around the biggest part
- **Elbow:** Keep arm relaxed. Hold measuring tape just above the elbow joint and measure around the arm
- **Forearm:** Measure around the biggest part (between elbow and wrist)
- **Wrist:** Place measuring tape just above the wrist bone and measure around the wrist
- **Arm Length:** Extend arm horizontally. Measure from the wrist bone to the middle of the back between the shoulder blades