



### Undergarment Size Chart

Please use the following size chart to estimate your approximate undergarment sizes. Remember that a snug proper fit is critical to undergarment performance, and that this is no substitute for actually trying a suit on to determine fit and comfort.

|        | Height      | Weight    | Chest       | Waist       | Hips        | Inseam      |
|--------|-------------|-----------|-------------|-------------|-------------|-------------|
|        | centimeters | kilograms | centimeters | centimeters | centimeters | centimeters |
| Small  | 165-172     | 61-72     | 86-96       | 71-81       | 86-96       | 66-73       |
| Medium | 170-177     | 68-80     | 91-101      | 76-86       | 91-101      | 68-76       |
| ML     | 176-182     | 75-86     | 86-106      | 81-91       | 96-106      | 73-81       |
| Large  | 180-187     | 86-98     | 101-111     | 86-96       | 101-111     | 73-81       |
| XL     | 185-193     | 93-105    | 106-117     | 91-101      | 106-117     | 76-84       |
| XXL    | 190-198     | 100-114   | 111-122     | 96-106      | 111-122     | 79-86       |