

Coveralls

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|------------|-----|-----|-----|-----|-----|------|------|------|
| Size | 77R | 82R | 87R | 92R | 97R | 102R | 107R | 112R |
| Waist (cm) | 77 | 82 | 87 | 92 | 97 | 102 | 107 | 112 |
| Inleg (cm) | 79 | 79 | 79 | 79 | 79 | 79 | 79 | 79 |

| | | | | |
|------------|-----|-----|-----|-----|
| Size | 79L | 84L | 89L | 94L |
| Waist (cm) | 79 | 84 | 89 | 94 |
| Inleg (cm) | 83 | 83 | 83 | 83 |

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|------------|------|------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|
| Size | 82ST | 87ST | 92ST | 97ST | 102ST | 107ST | 112ST | 117ST | 122ST | 127ST | 132ST | 137ST |
| Waist (cm) | 82 | 87 | 92 | 97 | 102 | 107 | 112 | 117 | 122 | 127 | 132 | 137 |
| Inleg (cm) | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 |

How to measure yourself

Neck - Standing, measure your neck at its largest girth, right over the Adam's apple.

Chest - Standing, measure with the breath out just above the nipple.

Waist - Standing, measure at the narrowest point or at the midway point between the top of the hip bone and the bottom of the rib cage, above the belly button.

Inleg - Standing, with legs straight and hip width apart, measure from crotch to floor.

Bust - Measure the fullest part of the bust.

Hips - Measure at the largest girth.

