



**iturri**  
G R O U P

*SIZING GUIDE*

*GARMENTS STAHL*



# INSTRUCTIONS TO MEASURE YOURSELF CORRECTLY

## General recommendations:

Ask someone else for help measure yourself standing up, wearing as little clothing as possible and adopting a comfortable and relaxed posture.

## TAKING OF MEASURES

Chest size



Waist circumference



Hip circumference



The user must measure himself and, according to these measurements, choose the size that corresponds to him for upper and lower garments.

## IMPORTANT NOTES:

1. (\*) **The size assignment for the upper garments will be made taking into account the chest measurement as the main measurement. However, if the waist measurement is higher than the maximum per size indicated in the table, the user is recommended to order a larger size as it is likely that the garment may otherwise be too tight.**
2. **Standard height is considered to be between 168-192 cm.**

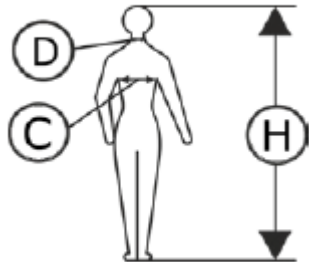
# SIZE ASSIGNMENT TABLES

A	ES	Cadera	B	ES	Cintura	C	ES	Pecho	D	ES	Cuello
	EN	Hip		EN	Waist		EN	Chest		EN	Neck
	DE	Hüfte		DE	Bund		DE	Brust		DE	Kragen
	PT	Ancas		PT	Cintura		PT	Peito		PT	Pescoço
	PL	Biodra		PL	Talia		PL	Klatka Piersiowa		PL	Szyja

H	ES	Altura	1-L	ES	Largo único
	EN	Height		EN	Single length
	DE	Höhe		DE	Einzellänge
	PT	Altura		PT	Comprimento único
	PL	Wzrost		PL	Długość

# SIZE ASSIGNMENT TABLES

FIG 2.1

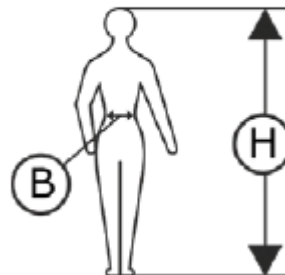


	D	C	H
XS	34-36	< 100	168-192
S	36-38	< 108	168-192
M	38-40	< 116	168-192
L	40-42	< 124	168-192
XL	42-44	< 132	168-192
XXL	44-46	< 140	168-192
XXXL	46-48	< 148	168-192
XXXXL	48-50	< 156	168-192

CMs

CMs

FIG 2.2



	B	H
38	80-84	168-192
40	84-88	168-192
42	88-93	168-192
44	93-98	168-192
46	98-103	168-192
48	103-108	168-192
50	108-113	168-192
52	113-118	168-192
54	118-123	168-192
56	123-128	168-192
58	128-133	168-192
60	133-138	168-192

CMs

CMs



**totalprotection & globalservice**

**[www.iturri.com](http://www.iturri.com)**