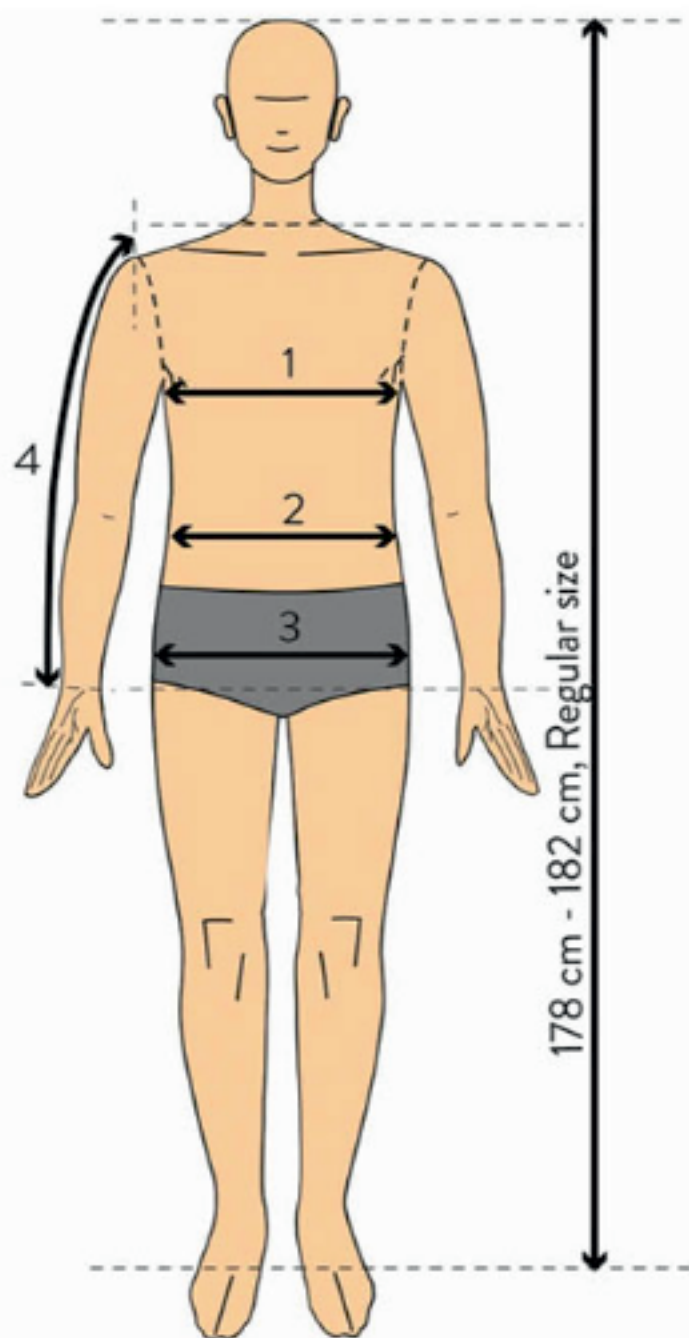


# ARRAK'S sizeguide for MEN tops

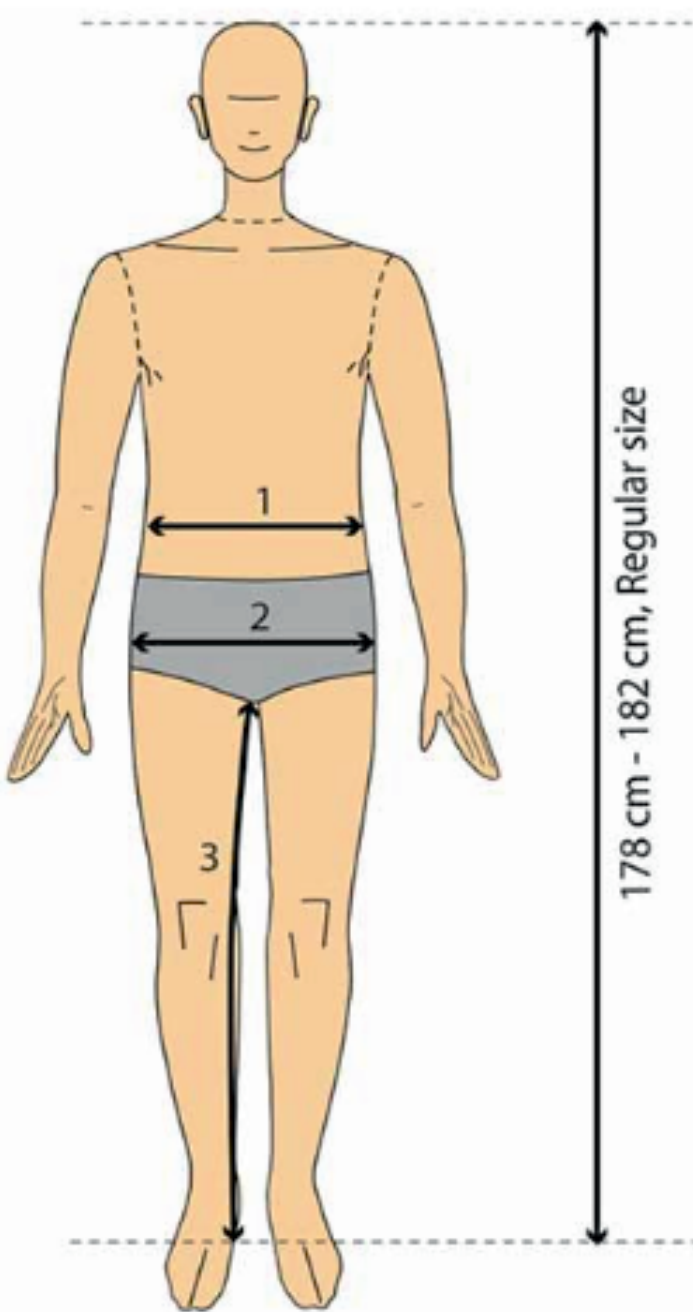


1. CHEST: Measure the chest circumference at the widest point
2. WAIST: Measure the waist circumference at the smallest part of the waist.
3. SEAT: Measure the seat circumference at the widest part of the waist.
4. SLEEVE LENGTH: Measure the distance from shoulder bone over the bent elbow to the center of the wrist

## ARRAK/EU SIZING:

MEN size	40/42	44	46/48	50	52/54	54/56	58/60	60/62	64
MEN size	XXS	XS	S	M	L	XL	XXL	3XL	4XL
Chest width in cm	82	88	94	100	106	112	118	124	130
Waist in cm	70	76	82	88	95	102	109	116	123
Seat in cm	86	92	98	104	111	118	125	132	139
Sleevelenght in cm	62	63	64	65	66	67	68	69	70

# ARRAKS size guide for men's pants



1. WAIST: Measure the waist circumference at the smallest part of the waist.
2. SEAT: Measure the seat circumference at the fullest part of the seat, keeping the tape horizontal around body.
3. INSEAM: Measure the distance from crotch point to the floor.

If your body measurements are between 2 sizes, order the smaller size for a more tighter fit or order the bigger size for a more looser fit.

Note, all measurements are body measurements and all garments have extra width for optimal movements.

Translation table

XS	S	M	L	XL	2XL	3XL	4XL				
44	46	48	50	52	54	56	58	60	62	64	66

## ARRAK/EU SIZING:

Regular size

MEN Size	44	46	48	50	52	54	56	58	60	62	64
Waist in cm	76	80	84	88	93	98	103	108	113	118	123
Seat in cm	92	96	100	104	108	112	116	120	124	128	132
Inseam in cm	80,5	81	81,5	82	82,5	83	83,5	84	84,5	84,5	84,5