## Benchmark Fitting Guide for Men



## A. NECK

The measurement is taken around the neck, at the collar level.

## B. CHEST

The measurement is taken around the fullest part of the upper chest, keeping the tape under the arms and around the shoulder blades.

## C. WAIST

The measurement is taken around the waist,
keeping one finger between the tape and the body, for a comfortable fit.

## D. INSEAM

Measure from the top of the inner pant leg seam (the crotch) to the opening at the bottom of the pant leg.

## E. SLEEVE

Measure the length from the top stitching on the shoulder to the bottom of the wrist. Be careful not to measure too high above the wrist.

## Benchmark Fitting Guide for Women


A. BUST

The measurement is taken around the fullest part of the bust, keeping the tape under the arms and around the shoulder blades.

## B. WAIST

The measurement is taken around the waist, keeping one finger between the tape and the body, for a comfortable fit.

## c. HIPS

The measurement is taken around the fullest part of the hips, while standing naturally (approximately 22 cm down from the waist).

| LADIES TOPS |  |  | LADIES BOTTOMS |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| SIzE | TO FIT CHEST | TO FIT WAIST | SIZE | $\begin{aligned} & \text { TO FIT } \\ & \text { WAIST } \end{aligned}$ | $\begin{aligned} & \text { TO FIT } \\ & \text { HIP } \end{aligned}$ |
| 6 | 77/80 | 66/68 | 6 | 66/68 | 86/89 |
| 8/XS | 82/85 | 71/73 | 8 | 71/73 | 91/94 |
| 10/5 | 87/90 | 76/78 |  |  |  |
| 12/M | 92/95 | 81/83 | 10 | 76/78 | 96/99 |
| 14/L | 97/100 | 86/88 | 12 | 81/83 | 101/104 |
| 16/XL | 102/105 | 91/93 | 14 | 86/88 | 106/109 |
| 18/XL | 107/110 | 96/98 | 16 | 91/93 | 111/114 |
| 20/2XL | 112/115 | 101/103 | 18 | 96/98 | 116/119 |
| 22/3XL | 117/120 | 106/108 |  |  |  |
| 24/3XL | 122/125 | 111/113 | 20 | 101/103 | 121/124 |
| 26 | 127/130 | 116/118 | 22 | 106/108 | 126/129 |
| 28 | 132/135 | 121/123 | 24 | 111/113 | 131/134 |
| 30 | 137/140 | 126/128 | 26 | 116/118 | 136/139 |

Mens JACKETS

| SIZE | TO FIT CHEST | SLEEVE |
| :---: | :---: | :---: |
| 92/XS | 87 cm | 64.5 cm |
| 97/5 | 92 cm | 65.5 cm |
| 102/M | 97 cm | 66.5 cm |
| 107/L | 102 cm | 67.5 cm |
| 112/XL | 107 cm | 68.5 cm |
| 117/2XL | 112 cm | 69 cm |
| 122/3XL | 117 cm | 69.5 cm |
| 127/4XL | 122 cm | 70 cm |

Mens SHIRTS

| SIZE | COLLAR | TO FIT CHEST | LONG SLEEVE | $\begin{aligned} & \text { SHORT } \\ & \text { SLEEVE } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: |
| 38/5 | 38 cm | $86 / 88 \mathrm{~cm}$ | 62 cm | 25 cm |
| 39/M | 39 cm | 90/92cm | 62.5 cm | 25 cm |
| 40/M | 40 cm | 94/96cm | 63 cm | 25 cm |
| 41/L | 41 cm | $98 / 100 \mathrm{~cm}$ | 63.5 cm | 26 cm |
| 42/L | 42 cm | 102/104cm | 64 cm | 26 cm |
| 43/XL | 43 cm | 106/108cm | 64.5 cm | 26 cm |
| 44/XL | 44 cm | 110/112cm | 65 cm | 27 cm |
| 46/2XL | 46 cm | 118/120cm | 66 cm | 27 cm |
| $\begin{gathered} 48 / 3 \times L- \\ 4 \times L \end{gathered}$ | 48 cm | 126/128cm | 67 cm | 28 cm |
| 50/5XL | 50 cm | 134/136 cm | 68 cm | 28 cm |

Mens PANTS

| SIZE | TO FIT <br> WAIST | INLEG <br> LENGTH |
| :---: | :---: | :---: |
| 77 | $77 / 30$ | 84 |
| 82 | $82 / 32$ | 84 |
| 87 | $87 / 34$ | 84 |
| 92 | $92 / 36$ | 84 |
| 97 | $97 / 38$ | 84 |
| 102 | $102 / 40$ | 84 |
| 107 | $107 / 42$ | 84 |
| 112 | $112 / 44$ | 84 |
| 117 | $117 / 46$ | 84 |

M7630SIZECONVERSION

| SIZE | TO FIT LADIES SIZE |
| :---: | :---: |
| $\mathbf{X S}$ | 12 |
| $\mathbf{S}$ | 14 |
| $\mathbf{M}$ | 16 |
| $\mathbf{L}$ | 18 |
| $\mathbf{X L}$ | 20 |
| $\mathbf{2 X L}$ | 22 |
| $\mathbf{3 X L}$ | 24 |
| $\mathbf{4 X L}$ | 26 |
| $\mathbf{5 X L}$ | 28 |

M9370 SIZE CONVERSION

| SIZE | TO FIT LADIES SIZE |
| :---: | :---: |
| $\mathbf{X S} / 77 / 30$ | 12 |
| $\mathbf{S} / 82 / 32$ | 14 |
| $\mathbf{M} / 87 / 34$ | 16 |
| $\mathbf{L} / 92 / 36$ | 18 |
| $\mathbf{X L} / 97 / 38$ | 20 |
| $\mathbf{2 X L} / 102 / 40$ | 22 |
| $\mathbf{3 X L} / 107 / 42$ | 24 |
| $\mathbf{4 X L} / 112 / 44$ | 26 |
| $\mathbf{5 X L} / 117 / 46$ | 28 |

FIND YOUR BEST SIZE FIT
Finding a fit that suits your body is very important. It not only helps in comfort but also makes you look great. Use below chart to choose the correct fit that suits your style or flatter your body shape.


CLASSIC FIT
Follows the shape of body and
provides ease for movement,
shirt can be tucked into pants of


TAILORED FIT
Follows the shape of body and provides ease for movement, extra length provided to cover the back when bend down. The garment falls free from the body

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