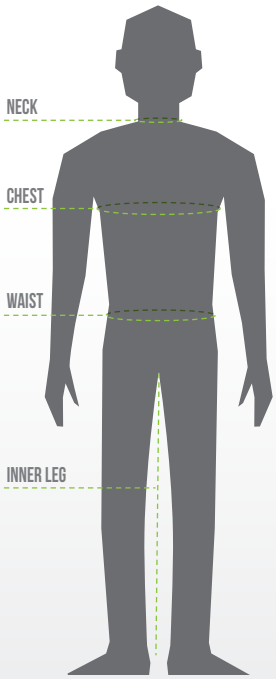
ENDURITE™

HOW TO *MEASURE UP* DOS AND DON'TS

- ✓ WEAR LIGHT CLOTHING AS THICKER GARMENTS LIKE JUMPERS AND JEANS WILL ADD TO MEASUREMENTS
- ✓ MEASURE WITH THE TAPE FLAT AGAINST THE BODY
- ✓ REMOVE ITEMS FROM POCKETS SUCH AS WALLETS
- ✗ DO NOT TAKE YOUR MEASUREMENTS YOURSELF
- ✗ DO NOT HOLD THE TAPE TOO LOOSE OR TOO TIGHT
- ✗ DO NOT PUT FINGERS UNDER THE TAPE



MEN'S CLOTHING

SHIRTS												
Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	–
To Fit Neck – cm	34	36	38	40	42	44	46	48	50	52	54	–
To Fit Chest – cm	80	85	90	95	100	105	110	115	120	125	130	–
To Fit Chest – inches	32	34	36	38	40	42	44	46	48	50	52	–
PANTS – REGULAR												
To Fit Waist – cm	77	82	87	92	97	102	107	112	–	–	–	–
To Fit Waist – Inches	30	32	34	36	38	40	42	44	–	–	–	–
Inner leg – cm	81	82	82	83	83	84	84	85	–	–	–	–
PANTS – STOUT												
To Fit Waist – cm	–	–	87	92	97	102	107	112	117	122	127	132
To Fit Waist – Inches	–	–	34	36	38	40	42	44	46	48	50	52
Inner Leg – cm	–	–	78	79	79	80	80	81	81	82	82	83
PANTS – LONG												
To Fit Waist – cm	74	79	84	89	94	–	–	–	–	–	–	–
To Fit Waist – inches	29	31	33	35	37	–	–	–	–	–	–	–
Inner Leg – cm	85	85	87	87	88	–	–	–	–	–	–	–

Sizes may differ slightly across garments