

# ProGARM ® Size Guidelines

version 11

Polo Shirts, T-Shirts, Sweatshirts									
UK Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL
EU Size	44-46	48-50	52-54	56-58	60-62	64-66	68-70	72-74	76-78
Chest - (inches)	37.8	40.1	42.5	44.9	48.0	51.0	54.3	57.5	60.5
Chest to Fit (inches)	34-36	36-38	38-41	41-44	44-46	46-50	50-52	52-56	56-58
Chest - (cm)	96.0	102.0	108.0	114.0	122.0	130.0	138.0	146.0	154.0
Chest to Fit (cm)	85-90	90-95	95-102.5	102.5-110	110-115	115-125	125-130	130-140	140-145

Softshell Jacket									
UK Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL
EU Size	44-46	48-50	52-54	56-58	60-62	64-66	68-70	72-74	76-78
Chest - (inches)	37.8	40.1	42.5	44.9	48.0	51.0	54.3	57.5	60.5
Chest to Fit (inches)	34-36	36-38	38-41	41-44	44-46	46-50	50-52	52-56	56-58
Chest - (cm)	96.0	102.0	108.0	114.0	122.0	130.0	138.0	146.0	154.0
Chest to Fit (cm)	85-90	90-95	95-102.5	102.5-110	110-115	115-125	125-130	130-140	140-145

Ladies Polo Shirts									
UK Size	8	10	12	14	16	18	20	22	24
EU Size	40-42	42-44	44-46	48-50	50-52	54-56	56-58	60-62	64-66
Bust - (inches)	37.4	39.4	41.4	43.3	45.3	47.2	49.2	51.2	53.2
Bust to Fit - (inches)	34-36	36-38	38-40	40-42	42-44	44-46	46-48	48-50	50-52
Bust - (cm)	95.0	100.0	105.0	110.0	115.0	120.0	125.0	130.0	135.0
Bust to Fit - (cm)	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130

Fleece Jackets									
UK Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL
EU Size	44-46	48-50	52-54	56-58	60-62	64-66	68-70	72-74	76-78
Chest - (inches)	38.6	42.5	46.5	50.4	54.3	58.3	62.2	66.1	70.1
Chest to Fit (inches)	34-36	36-38	38-41	41-44	44-46	46-50	50-52	52-56	56-58
Chest - (cm)	98	108.0	118.0	128.0	138.0	148.0	158.0	168.0	178.0
Chest to Fit (cm)	85-90	90-95	95-102.5	102.5-110	110-115	115-125	125-130	130-140	140-145

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Jackets									
UK Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL
EU Size	44-46	48-50	52-54	56-58	60-62	64-66	68-70	72-74	76-78
Chest - (inches)	43.3	44.9	48.8	52.8	56.7	60.6	64.6	68.5	72.4
Chest to Fit (inches)	34-36	36-38	38-41	41-44	44-46	46-50	50-52	52-56	56-58
Chest - (cm)	110.0	114.0	124.0	134.0	144.0	154.0	164.0	174.0	184.0
Chest to Fit (cm)	85-90	90-95	95-102.5	102.5-110	110-115	115-125	125-130	130-140	140-145

Waterproof Jackets & Salopettes									
UK Sizes	XS	S	M	L	XL	2XL	3XL	4XL	5XL
EU Sizes (Top)	44-46	48-50	52-54	56-58	60-62	64-66	68-70	72-74	76-78
EU Sizes (Waist)	89	94	99	104	109	114	119	124	129
Chest (Jacket) - (inches)	42.5	44.9	47.2	49.6	52.0	54.3	56.7	59.1	61.4
Chest to fit (Jacket) - (inches)	34-36	36-38	38-41	41-44	44-46	46-50	50-52	52-56	56-58
Waist (Salopette) - (inches)	35.0	37.0	39.0	41.0	43.0	45.0	47.0	49.0	51.0
Inside Leg (Salopette) - (inches)	32	32	32	32	32	32	32	32	32
Chest (Jacket) - (cm)	108.0	114.0	120.0	126.0	132.0	138.0	144.0	150.0	156.0
Chest to fit (Jacket) - (cm)	85-90	90-95	95-102.5	102.5-110	110-115	115-125	125-130	130-140	140-145
Waist (Salopette) - (cm)	89.0	94.0	99.0	104.0	109.0	114.0	119.0	124.0	129.0
Inside Leg (Salopette) - (cm)	81	81	81	81	81	81	81	81	81

Baselayer Tops & Leggings (Snug Fit)									
UK Sizes	XS	S	M	L	XL	2XL	3XL	4XL	5XL
EU Sizes (Top)	44-46	48-50	52-54	56-58	60-62	64-66	68-70	72-74	76-78
EU Sizes (Waist)	78	84	90	96	102	110	118	126	134
Chest (Top) - (inches)	34.6	37.8	40.9	44.1	47.2	50.4	53.5	56.7	59.9
Chest to Fit (Top) - (inches)	34-36	36-38	38-41	41-44	44-46	46-50	50-52	52-56	56-58
Waist (Leggings) - (inches)	26.8	29.9	33.1	36.2	39.4	42.5	45.7	48.8	51.9
Chest (Top) - (cm)	88	96	104	112	120	128	136	144	152
Chest to Fit (Top) - (cm)	85-90	90-95	95-102.5	102.5-110	110-115	115-125	125-130	130-140	140-145
Waist (Leggings) - (cm)	68	76	84	92	100	108	116	124	132



