

SIZE CHART



So misst Du Dich richtig:

Rückenlänge: Vom Halswirbelknochen entlang der Rückenmitte bis zur gewünschten Länge messen.

Brustumfang: Unterhalb der Arme, an der breitesten Stelle der Brust waagrecht um den Körper messen.

Bundumfang: An der Taille waagrecht um die schmalste Stelle des Bauchs messen.

Hüftumfang: An der breitesten Stelle der Hüfte waagrecht um den Körper messen.

Schrittlänge: An der Innenseite des Beins vom Schritt bis zur Fußsohle messen.

Seitenlänge: Vom Hüftknochen bis zur Fußsohle messen.

How to measure correctly:

Back length: measure from the top of the cervical vertebra down the middle of the back until the desired length is reached.

Chest measurement: measure horizontally around the body at the widest area of the chest. This is to be found under the arms.

Waistband width: Measure horizontally at the waist around the narrowest part of the belly.

Hip measurement: measure horizontally around the body at the broadest part of the hips.

Inside leg length: measure the inside of the leg from the crotch down to the sole of the foot.

Side length: measure from the hipbone to the sole of the foot.

Maße für die Körpergröße 176–185 cm Sizes for body height 176–185 cm

work21 Jacket / work21 Vest / life21 Fleece Jacket / life21 Hoodie / life21 Softshell

| | Messstrecke measuring distance | XXS | XS | S | M | L | XL | 2XL | 3XL | 4XL | 5XL | 6XL |
|--------------------------------|--------------------------------------|-------|-------|-------|--------|---------|---------|---------|---------|---------|---------|---------|
| Körpermasse Bodymass | Brustumfang chest measurement | 79–84 | 85–90 | 91–96 | 97–102 | 103–108 | 109–114 | 115–120 | 121–126 | 127–132 | 133–138 | 139–144 |
| Jacket | Rücklänge back length | 68 | 68 | 70 | 72 | 72 | 75 | 75 | 78 | 78 | 80 | 80 |
| Vest | | 68 | 68 | 70 | 72 | 72 | 75 | 75 | 78 | 78 | 80 | 80 |
| Fleece/Hoodie | | 64 | 64 | 66 | 68 | 68 | 71 | 71 | 74 | 74 | 77 | 77 |
| Softshell | | 68 | 68 | 70 | 72 | 72 | 75 | 75 | 78 | 78 | 80 | 80 |

life21 Polo / life21 Shirt

| | Messstrecke measuring distance | XXS | XS | S | M | L | XL | 2XL | 3XL | 4XL | 5XL | 6XL |
|--------------------------------|--------------------------------------|-------|-------|-------|--------|---------|---------|---------|---------|---------|---------|---------|
| Körpermasse Bodymass | Brustumfang chest measurement | 82–87 | 88–91 | 92–97 | 98–101 | 102–105 | 106–109 | 110–113 | 114–117 | 118–121 | 122–125 | 126–131 |
| Polo | Rücklänge back length | 65 | 67 | 69 | 71 | 73 | 74 | 75 | 76 | 77 | 78 | 80 |
| Shirt | | 65 | 67 | 69 | 71 | 73 | 74 | 75 | 76 | 77 | 78 | 80 |

work21 Pants / work21 Bermuda

| | Messstrecke measuring distance | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 | 62 | 64 | 66 |
|--------------------------------|---------------------------------------|-------|-------|-------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Körpermasse Bodymass | Bundumfang waistband width | 75–78 | 79–82 | 83–86 | 87–90 | 91–94 | 95–98 | 99–102 | 103–106 | 107–110 | 111–114 | 115–118 | 119–122 |
| | Hüftumfang hip measurement | 88–91 | 92–95 | 96–99 | 100–103 | 104–107 | 108–111 | 112–125 | 116–120 | 121–124 | 125–128 | 129–132 | 133–136 |
| Pants | Schrittlänge inside leg length | 81,5 | 82 | 82,5 | 83 | 83,5 | 84 | 84,5 | 85 | 85,5 | 85,5 | 85,5 | 85,5 |
| Bermuda | | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 |
| Pants | Seitenlänge side length | 107 | 108 | 109 | 110 | 111 | 112 | 113 | 114 | 115 | 115,5 | 116 | 116,5 |
| Bermuda | | 52 | 52,5 | 53 | 53,5 | 54 | 54,5 | 55 | 55,5 | 56 | 56,5 | 57 | 57,5 |

work21 Bib

| | Messstrecke measuring distance | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 | 62 | 64 | 66 |
|--------------------------------|---------------------------------------|-------|-------|-------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Körpermasse Bodymass | Bundumfang waistband width | 82–85 | 86–89 | 90–93 | 94–97 | 98–101 | 102–105 | 106–109 | 110–113 | 114–117 | 118–121 | 122–125 | 126–129 |
| | Hüftumfang hip measurement | 88–91 | 92–95 | 96–99 | 100–103 | 104–107 | 108–111 | 112–125 | 116–120 | 121–124 | 125–128 | 129–132 | 133–136 |
| | Schrittlänge inside leg length | 81,5 | 82 | 82,5 | 83 | 83,5 | 84 | 84,5 | 85 | 85,5 | 85,5 | 85,5 | 85,5 |
| | Seitenlänge side length | 107 | 108 | 109 | 110 | 111 | 112 | 113 | 114 | 115 | 115,5 | 116 | 116,5 |

Maße für die Körpergröße 168–177 cm Sizes for body height 168–177 cm

work21 Pants / work21 Bib

| | Messstrecke measuring distance | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|--------------------------------|---------------------------------------|--------------------|-------|--------|---------|---------|---------|---------|---------|---------|
| Körpermasse Bodymass | Bundumfang chest measurement | Pants | 81–84 | 85–88 | 89–92 | 93–96 | 97–100 | 101–104 | 105–108 | 109–112 |
| | | Bib | 88–91 | 92–95 | 96–99 | 100–103 | 104–107 | 108–111 | 112–115 | 116–119 |
| | Hüftumfang hip measurement | Pants / Bib | 94–97 | 98–101 | 102–105 | 106–109 | 110–113 | 114–117 | 118–122 | 123–126 |
| | Schrittlänge inside leg length | Pants / Bib | 78 | 78,5 | 79 | 79,5 | 80 | 80,5 | 81 | 81,5 |
| | Seitenlänge side length | Pants / Bib | 104 | 105 | 106 | 107 | 108 | 109 | 110 | 111 |