

# SIZE GUIDE

The size guide will help you find the right size of your Tranemo garment. Men and women have different body types and should therefore use different body measurements when choosing size. Take the measurements directly on your underwear, room for movement is calculated into the garment.



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Primarily use waist and inside leg measurements to choose the right size of trousers.

### C-size (Regular waist and regular leg length)

Size	44	46	48	50	52	54	56	58	60	62	64
Waist inches	30"R	32"R	33"R	34"R	36"R	38"R	40"R	42"R	45"R	48"R	50"R
Waist	<b>74-78</b>	<b>78-82</b>	<b>82-86</b>	<b>86-90</b>	<b>90-94</b>	<b>94-99</b>	<b>99-104</b>	<b>104-110</b>	<b>110-116</b>	<b>116-122</b>	<b>122-128</b>
Hip	94	98	102	106	110	114	118	122	126	130	134
Inside leg	79	80	81	82	83	84	85	85	85	85	85
Inside leg inches	31"	31.5"	32"	32.4"	32.8"	33.1"	33.5"	33.5"	33.5"	33.5"	33.5"

### C-size (Regular waist and longer leg length)

Size	146	148	150	152	154	156
Waist inches	32"T	33"T	34"T	36"T	38"T	40"T
Waist	<b>78-82</b>	<b>82-86</b>	<b>86-90</b>	<b>90-94</b>	<b>94-99</b>	<b>99-104</b>
Hip	98	102	106	110	114	118
Inside leg	85	86	87	88	89	90
Inside leg inches	33.5"	34"	34.4"	34.8"	35"	35.5"

### D-size (Larger waist and shorter leg length)

Size	80	84	88	92	96	100	104	108	112	116	120
Waist inches	28"S	30"S	32"S	33"S	34"S	36"S	38"S	40"S	42"S	45"S	48"S
Waist	<b>72-76</b>	<b>76-80</b>	<b>80-84</b>	<b>84-88</b>	<b>88-92</b>	<b>92-96</b>	<b>96-100</b>	<b>100-105</b>	<b>105-110</b>	<b>110-116</b>	<b>116-122</b>
Hip	90	93	96	100	104	108	112	116	120	124	128
Inside leg	78	78	78	78	78	78	79	80	81	81	81
Inside leg inches	30.7"	30.7"	30.7"	30.7"	30.7"	30.7"	31"	31.5"	32"	32"	32"

Primarily use chest measurements to choose the right size.

Size	XXS	XS	S	M	L	XL	XXL	3XL	4XL
Chest	<b>78-86</b>	<b>84-92</b>	<b>90-98</b>	<b>96-104</b>	<b>102-110</b>	<b>108-116</b>	<b>114-122</b>	<b>120-128</b>	<b>126-134</b>
Hip	86-92	90-96	94-100	98-106	104-112	110-118	116-124	122-130	128-136
Shoulder+Sleeve	73-76	75-77	77-80	80-82	81-84	83-85	84-87	86-88	87-90
Shirt size	33-34	35-36	37-38	39-40	41-42	43-44	45-46	47-48	49-50
C-size Gents	40-42	44	46-48	50	52-54	56	58-60	62	64-66

## LADIES

Primarily use hip measurements to choose the right size.

### C-size (Regular waist and regular leg length)

UK Size	8	10	12	14	16	18	20	22
Size	34	36	38	40	42	44	46	48
Waist inches	29/31"	30/31"	32/31"	33/31"	34/31"	36/31"	38/31"	40/31"
Hip	<b>90-93</b>	<b>93-96</b>	<b>96-99</b>	<b>99-102</b>	<b>102-106</b>	<b>106-110</b>	<b>110-115</b>	<b>115-120</b>
Waist	68-74	71-77	74-80	77-84	80-88	84-92	88-96	92-101
Inside leg	78	78	78	78	78	78	78	78
Inside leg inches	30.7"	30.7"	30.7"	30.7"	30.7"	30.7"	30.7"	30.7"

Size	S	M	L	XL	XXL
Chest	82-88	88-94	94-100	100-107	107-116
Hip	<b>92-98</b>	<b>96-103</b>	<b>101-108</b>	<b>106-114</b>	<b>112-120</b>
Waist	70-80	74-84	80-90	85-95	92-102
Shoulder+Sleeve	71-73	73-75	74-76	76-78	77-79
Corresp. Gent size	XXS	XS	S	M	L

SHOULDER+SLEEVE

