

# SIZING

female



Help with measuring

**1 Chest**  
Using a tape measure, take the total measurement around the fullest part of your chest.

**2 Waist**  
Run the tape around the narrowest part of your waist.

**3 Hips**  
Stand with your feet together and measure around the fullest point of the hip.

## Female's Jersey

EUR	chest cm	waist cm
XS	82-86	64-68
S	86-90	68-72
M	90-94	72-76
L	94-98	76-80

## Female's Bib Shorts

EUR	waist cm	hips cm
XS	64-68	86-90
S	68-72	90-94
M	72-76	94-98
L	76-80	98-102

Model is 165 cm wearing a Jersey size XS and Bib Shorts size S.

male



Help with measuring

**1 Chest**  
Using a tape measure, take the total measurement around the fullest part of your chest.

**2 Waist**  
Run the tape around the narrowest part of your waist.

**3 Hips**  
Stand with your feet together and measure around the fullest point of the hip.

## Male's Jersey

EUR	chest cm	waist cm
S	88-92	76-80
M	92-96	80-84
L	96-100	84-88
XL	100-104	88-92

## Male's Bib Shorts

EUR	waist cm	hips cm
S	76-78	89-93
M	80-84	93-97
L	84-88	97-101
XL	88-92	101-105

Model is 177 cm wearing a Jersey and Bib Shorts size S.

accessories



## Leg & Arm Warmers

The size of the arm warmers corresponds to the sizes of the upper parts.  
The size of the leg warmers corresponds to the size of the shorts.

## Cap

We produce the cap in a universal one size.

Head circumference (cm)	54-60
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Still not sure what you need?  
We can help you find the perfect size.  
[info@segrasegra.cz](mailto:info@segrasegra.cz)