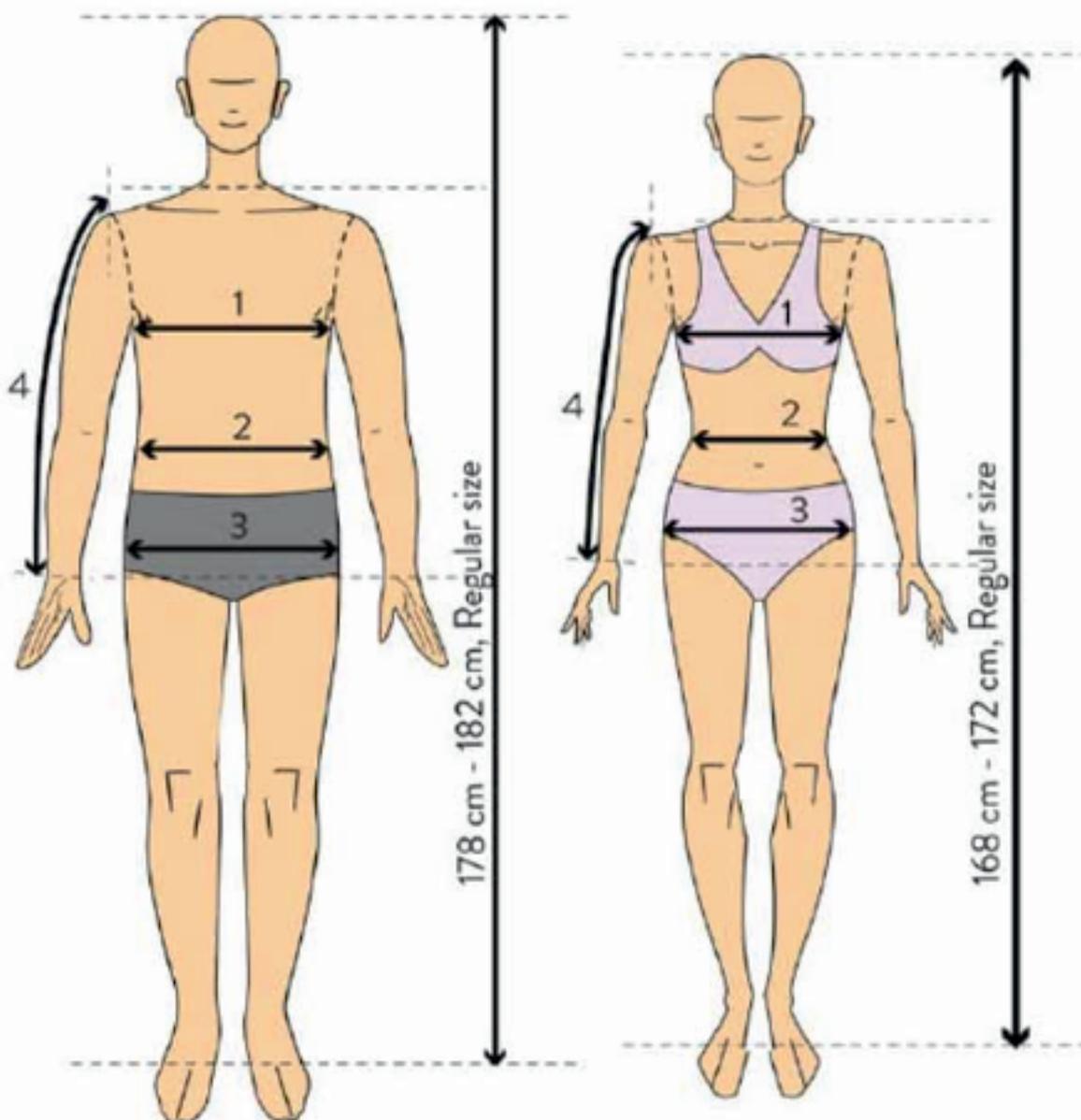


# ARRAK'S sizeguide for UNISEX tops



- CHEST:** Measure the chest circumference at the widest point
- WAIST:** Measure the waist circumference at the smallest part of the waist.
- SEAT:** Measure the seat circumference at the widest part of the waist.
- SLEEVE LENGTH:** Measure the distance from shoulder bone over the bent elbow to the center of the wrist

## ARRAK/EU SIZING:

Women size	30/32	34/36	36/38	40	42/44	46	48/50	50/52	54
<b>UNISEX size</b>	<b>XXS</b>	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	<b>3XL</b>	<b>4XL</b>
Chest width in cm	76	82	88	94	100	106	114	122	130
Waist in cm	60	66	72	78	85	92	100	108	116
Seat in cm	86	92	98	104	111	118	126	134	142
Sleevelenght in cm	58	59	60	61	62	63	64	65	66

MEN size	40/42	44	46/48	50	52/54	54/56	58/60	60/62	64
<b>UNISEX size</b>	<b>XXS</b>	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	<b>3XL</b>	<b>4XL</b>
Chest width in cm	82	88	94	100	106	112	118	124	130
Waist in cm	70	76	82	88	95	102	109	116	123
Seat in cm	86	92	98	104	111	118	125	132	139
Sleevelenght in cm	62	63	64	65	66	67	68	69	70