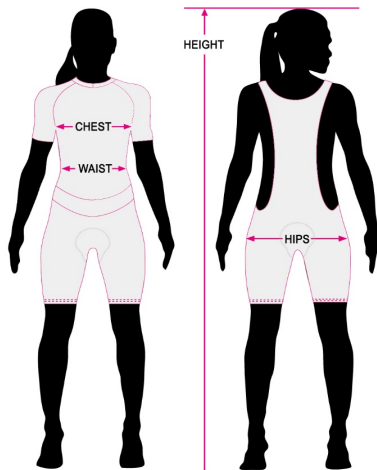


FEMALE SIZE CHART	2XS	XS	S	M	L	XL	2XL	3XL
AUS	6	8	10	12	14	16	18	20
US	2	4	6	8	10	12	14	16
TO FIT CHEST cm	65-71	71-77	77-84	84-89	89-95	95-101	101-106	106-113
TO FIT WAIST cm	58-62	62-67	67-72	72-80	80-87	87-92	92-97	97-104
TO FIT HIP cm	76	76-82	82-88	88-96	94-100	98-106	104-112	110-115
HEIGHT cm	150-165	155-173	158-175	162-180	168-183	173-185	178-186	179-190



FOHER WOMENS SIZE GUIDE

We recommend measurements should be done without clothes to get the best accuracy, as some clothes can alter your natural body shape. Make sure the tape is straight and not twisted.

HEIGHT: Stand with feet slightly apart. Measure from back heel to top of the head. Keep tape vertical and straight.

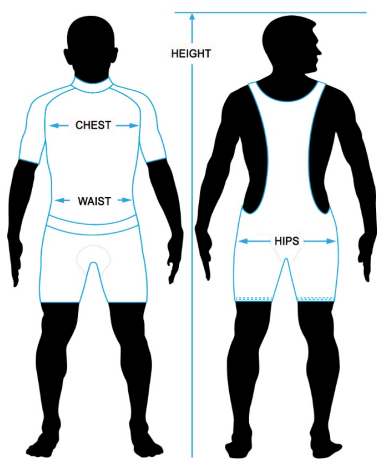
CHEST: Without a bra, place tape around widest part of your bust.

WAIST: Place tape between the bottom of your ribs and the top of your hip bones. It often feels like the smallest point.

HIP: Place tape around the widest part of your bottom (this is between your hips and thighs).

Heads up: It is not uncommon to be different sizes for your top and bottom!

MENS SIZE CHART	2XS	XS	S	M	L	XL	2XL	3XL
AUS	6	8	10	12	14	16	18	20
US	2	4	6	8	10	12	14	16
TO FIT CHEST cm	72-76	76-81	83-88	90-95	97-102	104-109	110-116	118-123
TO FIT WAIST cm	62-67	67-72	72-77	77-82	82-87	87-92	92-99	99-106
TO FIT HIP cm	75-82	78-83	85-90	92-97	99-104	106-111	113-118	120-125
HEIGHT cm	158-165	162-168	166-171	171-178	176-181	179-186	182-191	189-196



FOHER MENS SIZE GUIDE

We recommend measurements should be done without clothes to get the best accuracy, as some clothes can alter your natural body shape. Make sure the tape is straight and not twisted.

HEIGHT: Stand with feet slightly apart. Measure from back heel to top of the head. Keep tape vertical and straight.

CHEST: Place tape around widest part of your chest.

WAIST: Place tape between the bottom of your ribs and the top of your hip bones. It often feels like the smallest point.

HIP: Place tape around the widest part of your bottom (this is between your hips and thighs).

Heads up: It is not uncommon to be different sizes for your top and bottom.

Note: These charts are intended as a guide only, especially for height.

- > If your measurements vary to the chart, we suggest you choose the size that best fits where you prefer the most comfort, ie. chest, waist, hips or height.
- > If you are borderline and you prefer a tighter fit, then choose the lower size. If you prefer a looser fit, choose the higher size.
- > If you have specific sizing queries, please email info@foher.co prior to purchase.