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D** **BERNHARDTZ  
AT WORK**

# Size guide

## HOW TO MEASURE

To find the right size, compare a similar garment at home with our measurements. Measure flat across the item - never around.

**Chest width** / Measure across the chest between the lowest point of the arm seams. Multiply with 2.

**Waist width upper wear** / Measure the width at the garment's narrowest point. Multiply with 2.

**Waist width bottom wear** / Place the garment on a flat surface with the front up and measure from side to side. Multiply with 2.

**Bottom width** / Measure from side to side at the bottom of the garment. Multiply with 2.

**Center back length** / Measure the center back from the neck seam to the end of the garment.

**Sleeve length** / Lay the arm flat and measure from the shoulder point to where the cuff ends.

**Seat width** / Place the garment on a flat surface with the front up and measure from side to side at the garment's widest point. Multiply with 2.

**Thigh width** / Measure straight across the width of the leg. Multiply with 2.

**Inseam** / Measure the inside leg from the crotch to the bottom of the trousers.

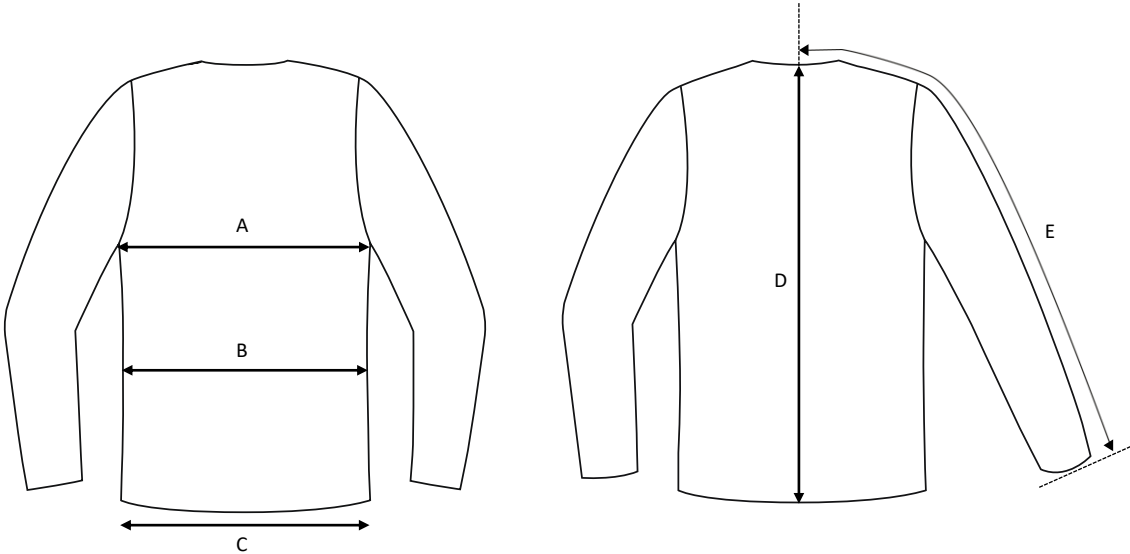
**Foot width** / Measure from side to side at the bottom of the trousers. Multiply with 2.

**Length** / Measure from the highest point of the garment to the end of the garment.

**Collar length** / Open the shirt and lay the collar flat. Measure from the center of the button to the outer edge of the buttonhole.

# Underwear top Idre / Unisex

Art no: 5010300



	Normal size (cm)	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
A	Chest width	78	82	86	90	94	98	102	106	110	114	118
B	Waist width	74	78	82	86	90	94	98	102	106	110	114
C	Bottom width	74	78	82	86	90	94	98	102	106	110	114
D	Center back length	72	74	76	78	80	82	84	86	88	90	92
E	Sleeve length	80	82	84	86	88	90	92	94	96	98	100