

## SIZE GUIDE

### MAN JERSEYS

SIZES	HEIGHT	CHEST	WAIST	PELVIS
<b>XS</b>	150/159	88	76	92
<b>S</b>	160/169	92	80	96
<b>M</b>	170/179	96	84	100
<b>L</b>	180/185	100	88	104
<b>XL</b>	186/190	105	93	109
<b>2XL</b>	191/195	110	98	114
<b>3XL</b>	-	115	103	119

SIZES	IT	EU	UK	US
<b>XS</b>	44	40	12	8
<b>S</b>	46	42	14	10
<b>M</b>	48	44	16	12
<b>L</b>	50	46	18	14
<b>XL</b>	52	48	20	16
<b>2XL</b>	54	50	22	18
<b>3XL</b>	56	52	24	20

Measures expressed in cm

\* Please note our garments run on the smaller side so if you are right on the border or between sizes, please order at least one size up.

Each model was designed to fit differently to take advantage of the inherent characteristics of the materials used. Your size may also vary according to your personal preferences.

## SIZE GUIDE

### MAN BIBSHORTS

SIZES	HEIGHT	WAIST	LEG INSIDE	LEG LENGTH
<b>XS</b>	150/159	76	24-26	70
<b>S</b>	160/169	80	24-26	72
<b>M</b>	170/179	84	26-28	74
<b>L</b>	180/185	88	26-28	76
<b>XL</b>	186/190	93	28-30	78
<b>2XL</b>	191/195	98	28-30	80
<b>3XL</b>	-	103	28-30	82

SIZES	IT	EU	UK	US
<b>XS</b>	44	40	12	8
<b>S</b>	46	42	14	10
<b>M</b>	48	44	16	12
<b>L</b>	50	46	18	14
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#### GUIDELINES FOR PURCHASING THE RIGHT SHORTS.

These easy steps will help you to find the right shorts, which will become your faithful training and racing companion:

Wear the shorts and adjust the bibs and leg bottom so as to eliminate any folds; the shorts must feel tight once on.

Leave on the shorts for a few minutes, bending your legs and assuming the bike position, then pinch the fabric in the thigh area and

make sure that once you release the fabric, the Lycra returns to its original position: this means that you are wearing the right size. If you experience an unpleasant sensation of friction or restriction, or if the stitches and bibs are pulling, try a bigger size.

Hiru shammies do not foresee the use of creams because they are soft and comfortable and studied to be worn.

Many issues that arise when using the shorts are not due to the shorts themselves, but to the wrong choice of the size or model, or improper washing of the articles (see above), indeed:

The bibs, the elastics, the leg bottom tend to curl up when wearing the article, but they can easily return to their original position with a few simple gestures.

The Lycra must confer a massage-effect to the muscles and a light compression, and it can only perform this function if it is fitted to the body.

## SIZE GUIDE

### WOMEN JERSEYS

SIZES	HEIGHT	CHEST	WAIST	PELVIS
<b>XS</b>	160	80	63/66	89/92
<b>S</b>	161/170	84	67/70	93/96
<b>M</b>	171/175	88	71/74	97/100
<b>L</b>	176/180	92	75/80	101/104
<b>XL</b>	-	96	79/82	105/108
<b>2XL</b>	-	100	83/86	109/112

### INTERNATIONAL MEASURES AND SIZES CONVERSION

SIZES	IT	EU	UK	US
<b>XS</b>	40	36	6-8	4
<b>S</b>	42	38	8-10	6
<b>M</b>	44	40	10-12	8
<b>L</b>	46	42	12-14	10
<b>XL</b>	48	44	14-16	12
<b>2XL</b>	50	46	16	14

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## SIZE GUIDE

### WOMEN BIBSHORTS

SIZES	HEIGHT	CHEST	WAIST	PELVIS
<b>XS</b>	160	63/66	21-23	66
<b>S</b>	161/170	67/70	21-23	68
<b>M</b>	171/175	71/74	23-25	70
<b>L</b>	176/180	75/80	23-25	72
<b>XL</b>	-	79/82	25-27	74
<b>2XL</b>	-	83/86	25-27	76

### INTERNATIONAL MEASURES AND SIZES CONVERSION

SIZES	IT	EU	UK	US
<b>XS</b>	40	36	6-8	4
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