## SIZE MATTERS.

We love things that get our blood racing. We hate things that stop our blood racing. Getting the right size is vital to ensuring the benefits of SKINS are optimised. Too tight or too loose and you might not get all the benefits of enhanced performance and faster recovery that SKINS provide.

Each product has its own specific size chart, so this document has been compiled to help you find the right size chart for all SKINS products.

400 Series sizing - the ultimate fit
Our 3D body scans of hundreds of active sports men and women allowed us to create what are arguably the best fitting compression garments on the market.

For men:
400 Series men's products are developed to take into account three different height categories.

For women:
Our core A400 and RY400 women's garments use a unique sizing system that not only takes into account height and weight, but also your body shape.
'A' shaped bodies have a small waist in relation to the hip and thigh.

'H' shaped bodies have little variation in shape from waist to the hip and thigh.

200 Series sizing
Our A200 range is based on a BMI /anthropometrical algorithm using height, weight and chest measurements to determine the correct size product. By controlling the stretch and recovery of the fabric as well as using specifically developed pattern making techniques based on our unique sizing system, we are able to ensure the correct level of surface pressure for most body shapes.

Cycle Pro sizing
Cycle pro sizing (like the A200 range) is based on a BMI/ anthropometrical algorithm using height, weight and chest measurements to determine the correct size product.

Please note, not all product styles and colours are available in all sizes

## $A 400$

## Men's

Long Tights


3/4 Tights, Half Tights \& Shorts


Long Sleeve, Short Sleeve \& Sleeveless Tops


## $A 400$

## Women's



## Long Tights, 3/4 Tights \& Shorts



Long Sleeve, Short Sleeve \& Racer Back Tops


'A' shaped bodies have a small waist in relation to the hip and thigh.

'H' shaped bodies have little variation in shape from waist to the hip and thigh.

Youth

Long Tights, Half Tights \& Tops

| Height |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| cms ft/in |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| $121-4^{\prime}$ |  | YS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| $124-4{ }^{\text {4 }}$ |  |  | - |  |  |  |  |  |  |  |  |  |  |  |  |  |
| $127-4^{\prime} 2$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 130-4'3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| $132-4^{\prime} 4$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| $135-4{ }^{\prime}$ |  |  |  |  |  | , |  |  |  |  |  |  |  |  |  |  |
| $137-4^{\prime} 6$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| $140-4^{\prime} 7$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 142-4'8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 145-4'9 |  |  |  |  |  |  |  |  |  |  |  |  |  | XI |  |  |
| $147-4^{\prime} 10$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| $150-4^{\prime} 11$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 152-5'0 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| $155-5 \cdot 1$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 157-5'2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 160-5'3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| lbs | 48 | 53 | 59 | 64 | 69 | 71 | 73 | 75 | 81 | 87 | 92 | 97 | 100 | 105 | 110 | 115 |
| kgs | 22 | 24 | 27 | 29 | 31 | 32 | 33 | 34 | 37 | 40 | 42 | 44 | 46 | 48 | 50 | 52 |

## RY400

Men's

## Long Tights



Long Sleeve Top


## RY4Эロ

## Women's

## Long Tights



Long Sleeve Top


'A' shaped bodies have a small waist in relation to the hip and thigh.

'H' shaped bodies have little variation in shape from waist to the hip and thigh.

## TRI4ワ0

## Men's

Sleeveless Suit


Shorts


Sleeveless Top


## TRI4ワロ

## Women's




Sleeveless Suit


Shorts


Racer Back Top


## $\subset 400$

## Men's

Compression Bib Shorts \& Thermal Bib Longs


Wind Vest \& Thermal Long Sleeve Jersey (non compression)


Compression Long \& Short Sleeve Jerseys


## 5400

Men's

Thermal all-in-one suit, Long Tights \& 3/4 Tights
Height
cms ft/in


Weight lbs $77 \quad 88 \quad 99110120130143155165175188200210220230242255265275$ $\begin{array}{llllllllllllllllllll}\text { kgs } & 35 & 40 & 45 & 50 & 55 & 60 & 65 & 70 & 75 & 80 & 85 & 90 & 95 & 100 & 105 & 110 & 115 & 120 & 125\end{array}$

Thermal Long Sleeve Tops

| Measure chest circumference at widest point |  |  |  |  | S |  |  | M |  |  |  | L |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  <br>  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chest | cms | 79 | 81 | 84 | 86 | 89 | 91 | 94 | 97 | 99 | 102 | 104 | 107 | 109 | 112 | 114 | 117 | 119 | 122 |
|  | inches | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 |

## Women's

Thermal Long Tights \& 3/4 Tights


## Thermal Long Sleeve Tops


Chest circumferenc

## Up to 89 cms

89-97cms
$97-104 \mathrm{cms}$
$38-41^{\prime \prime}$
104-112cms
$112-119 \mathrm{cms}$
at widest point

## $\mathbb{4} 00$

Men's

Long Tights


Shorts


Long Sleeve \& Short Sleeve Tops


## Aट.DO

## Men's



Long Tights, $3 / 4$ Tights \& Shorts, plus Thermal Long Tights


Long Sleeve \& Short Sleeve Tops, plus Thermal Tops


## Youth

Tights \& Tops


## Aㄹ.DO

## Women's



Long Tights, $3 / 4$ Tights \& Shorts, plus Thermal Long Tights


Long Sleeve, Short Sleeve Tank \& Racer Back Tops, plus Thermal Tops


## Cycle pro

## Men's

Bib Shorts \& Shorts


## Women's

Bib Shorts \& Shorts


## ESSENTIALS

## Men's and Unisex

Calf Tights with Stirrup \& Calf Tights MX
Measure calf circumference at widest point

| cm | 31 |  | 34 |  | 37 |  | 40 |  | 44 |  | 47 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | XS |  | S |  | M |  | - |  | X |  |
| inches 12.5" |  |  | 13.5 |  | 15 |  | $16^{\prime \prime}$ |  | 17.5" |  | 19" |

Sleeves
Measure bicep circumference at widest point


Men's C400 Essentials

Compression Leg Sleeves


Men's G400 Essentials

Calf Tights
with Stirrup


Measure calf circumference at widest point

Sleeves


[^0]Compression
Arm Sleeves


Measure bicep circumference at widest point

## ESSENTIALS

Women's

Calf Tights with Stirrup
Measure calf circumference at widest point


Sleeves
Measure bicep circumference at widest poin


## Travel recovery

## Unisex

Long Tights



[^0]:    Measure bicep circumference at widest point

