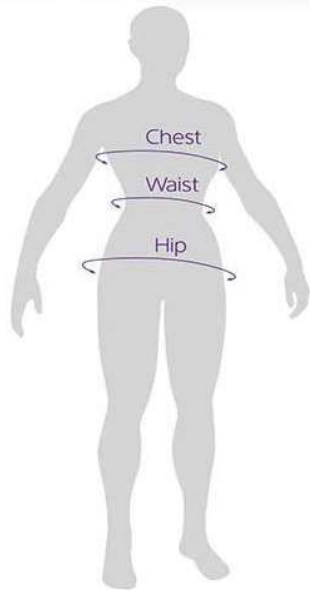




## Apparel | Size Guide



### How to Measure

**Chest :** With arms relaxed down at sides, measure fullest part of chest, keeping tape parallel to the floor.

**Waist :** Measure around your natural waistline; keep your measuring tape comfortably loose.

**Hip :** Stand with heels together, keeping tape straight and parallel to the floor, measure around widest part of the hips.

	Chest		Waist		Hip	
	cm	inch	cm	inch	cm	inch
XS	76-81	30"-32"	58-64	23"-25"	84-89	33"-35"
S	81-86	32"-34"	64-69	25"-27"	89-94	35"-37"
M	86-91	34"-36"	69-74	27"-29"	94-99	37"-39"
L	91-99	36"-39"	74-81	29"-32"	99-107	39"-42"
XL	99-107	39"-42"	81-89	32"-35"	107-114	42"-45"
* 2XL	107-114	42"-45"	89-97	35"-38"	114-122	45"-48"
* 3XL	114-122	45"-48"	97-104	38"-41"	114-130	48"-51"

### \* Plus Size

Beautiful fit for every body. The beauty of bicycle riding is that we all belong — and we all deserve cycling clothing we love. Liv is committed to every woman, and offers form-flattering apparel for any figure. Elegant style lines maintain modesty without being baggy, so you get great coverage, comfort and flexibility for sizes S-3XL.

- \* Plus size is currently available on the following products: Liv Race Day Short Sleeve Jersey, Liv Race Day Long Sleeve Jersey, Liv Race Day Short, BeLiv kit and BeLiv-Luna kit.

## \* Real World Size Guide

At Liv, we know athletes come in all shapes and sizes and we are committed to providing cycling apparel to fit your unique figure. This real-world size guide is here to help you determine what size is right for your body.

Tester	Height(cm)	Weight(kg)	Chest(cm)	Waist(cm)	Hips(cm)	Size
A	155	48	85	68.5	88	S
B	155	61.5	93	76	100	L
C	156	44	79	61.5	81	XS
D	157.5	63.5	94	76	101.5	L
E	158	52.6	84	67	81	Jersey : S, Shorts : XS
F	160	48	80	67	87	Jersey : XS, Shorts : S
G	160	52.3	84.5	72.5	94.5	M
H	161	47	77.5	64.5	85	XS
I	162	58	85	70.5	95	M
J	165	49	85	64	88	S
K	167	54	77	72	87	S
L	168	59	81	69	89	S
M	172	59	93	70	96	M
N	174.5	65	91	74	101	L

## Size Conversions

	EU	UK
XS	34	6
S	36	8
M	38	10
L	40	12
XL	42	14
* 2XL	44	16
* 3XL	46	18

## Inner Cycling Pants

	Waist		Hip	
	cm	inch	cm	inch
XS/S	61-71	24"-28"	86-96.5	34"-38"
M/L	71-81	28"-32"	96.5-109	38"-43"

## Sports bra

	Equivalent Bra Size
S	32-34 A/B
M	34-36 B/C
L	36-38 C
XL	38-40 C/D

