

ProGARM[®] SIZE CHART

| JACKETS, POLO SHIRTS, SWEATSHIRTS | X5 | S | M | L | XL | 2XL | 3XL | 4XL | 5XL |
|-----------------------------------|---------|---------|---------|---------|-----------|---------|---------|---------|---------|
| CHEST (INCH) | 36 | 38 | 40 | 44 | 48 | 52 | 56 | 60 | 64 |
| BODY LENGTH TO FIT (INCH) | 67-68.5 | 67-68.5 | 68.5-70 | 70-71.5 | 71.5-73 | 71.5-73 | 73-75 | 73-75 | 73-75 |
| CHEST TO FIT (INCH) | 34-35.5 | 37-38.5 | 38.5-40 | 43.5-45 | 46.5-48.5 | 51-53 | 55.5-58 | 60-62.5 | 65-67.5 |
| CHEST (CM) | 91.5 | 96.5 | 101.5 | 112 | 122 | 132 | 142 | 152.5 | 162.5 |
| BODY LENGTH TO FIT (CM) | 170-174 | 170-174 | 174-178 | 178-182 | 182-186 | 182-186 | 186-190 | 186-190 | 186-190 |
| CHEST TO FIT (CM) | 86-90 | 94-98 | 98-102 | 110-114 | 118-123 | 129-135 | 141-147 | 153-159 | 165-171 |

| COVERALLS | 38" | 40" | 42" | 44" | 46" | 48" | 50" | 52" | 54" | 56" | 58" | 60" | 62" | 64" |
|------------------------------------|---------|---------|---------|---------|---------|-----------|---------|---------|---------|---------|---------|---------|---------|---------|
| UK SIZE | S | M | L | L | XL | XL | 2XL | 2XL | 3XL | 3XL | 4XL | 4XL | 5XL | |
| CHEST TO FIT (INCH) | 37-38.5 | 38.5-40 | 40-41.5 | 43.5-45 | 45-46.5 | 46.5-48.5 | 48.5-51 | 51-53 | 53-55.5 | 55.5-58 | 58-60 | 60-62.5 | 62.5-65 | 65-67.5 |
| REGULAR: LEG LENGTH (INCH) | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 |
| REGULAR: BODY LENGTH TO FIT (INCH) | 67-68.5 | 68.5-70 | 68.5-70 | 70-71.5 | 70-71.5 | 71.5-73 | 71.5-73 | 71.5-73 | 73-75 | 73-75 | 73-75 | 73-75 | 73-75 | 73-75 |
| TALL: LEG LENGTH (INCH) | 33 | 33 | 33 | 33 | 33 | 33 | 33 | 33 | 33 | 33 | 33 | 33 | 33 | 33 |
| TALL: BODY LENGTH TO FIT (INCH) | 70-71.5 | 71.5-73 | 72.5-74 | 72.5-74 | 72.5-74 | 74-75.5 | 74-75.5 | 74-75.5 | 74-75.5 | 74-75.5 | 74-75.5 | 74-75.5 | 74-75.5 | 74-75.5 |
| SHORT: LEG LENGTH (INCH) | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 |
| SHORT: BODY LENGTH TO FIT (INCH) | 64-65.5 | 64-65.5 | 65.5-67 | 68.5-70 | 68.5-70 | 68.5-70 | 68.5-70 | 68.5-70 | 68.5-70 | 68.5-70 | 68.5-70 | 68.5-70 | 68.5-70 | 68.5-70 |
| CHEST TO FIT (CM) | 94-98 | 98-102 | 102-106 | 110-114 | 114-118 | 118-123 | 123-129 | 129-135 | 135-141 | 141-147 | 147-153 | 153-159 | 159-165 | 165-171 |
| REGULAR: LEG LENGTH (CM) | 79 | 79 | 79 | 79 | 79 | 79 | 79 | 79 | 79 | 79 | 79 | 79 | 79 | 79 |
| REGULAR: BODY LENGTH TO FIT (CM) | 170-174 | 174-178 | 174-178 | 178-182 | 178-182 | 182-186 | 182-186 | 182-186 | 186-190 | 186-190 | 186-190 | 186-190 | 186-190 | 186-190 |
| TALL: LEG LENGTH (CM) | 84 | 84 | 84 | 84 | 84 | 84 | 84 | 84 | 84 | 84 | 84 | 84 | 84 | 84 |
| TALL: BODY LENGTH TO FIT (CM) | 178-182 | 182-186 | 184-188 | 184-188 | 184-188 | 188-192 | 188-192 | 188-192 | 188-192 | 188-192 | 188-192 | 188-192 | 188-192 | 188-192 |
| SHORT: LEG LENGTH (CM) | 74 | 74 | 74 | 74 | 74 | 74 | 74 | 74 | 74 | 74 | 74 | 74 | 74 | 74 |
| SHORT: BODY LENGTH TO FIT (CM) | 162-166 | 162-166 | 166-170 | 174-178 | 174-178 | 174-178 | 174-178 | 174-178 | 174-178 | 174-178 | 174-178 | 174-178 | 174-178 | 174-178 |

| TROUSERS | 28" | 30" | 32" | 34" | 36" | 38" | 40" | 42" | 44" | 46" | 48" | 50" | 52" | 54" | 56" | 58" | 60" |
|------------------------------------|---------|---------|-----------|---------|---------|---------|---------|---------|---------|-----------|-----------|---------|---------|---------|---------|---------|---------|
| WAIST (INCH) | 28 | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 |
| WAIST TO FIT (INCH) | 26-27.5 | 27.5-29 | 30.5-32.5 | 32.5-34 | 34-35.5 | 35.5-37 | 37-38.5 | 38.5-40 | 40-41.5 | 41.5-43.5 | 43.5-45.5 | 45.5-48 | 48-50 | 50-52 | 52-54 | 54-56 | 56-58 |
| REGULAR: LEG LENGTH (INCH) | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 |
| REGULAR: BODY LENGTH TO FIT (INCH) | 67-68.5 | 67-68.5 | 67-68.5 | 68.5-70 | 70-71.5 | 70-71.5 | 70-71.5 | 71.5-73 | 71.5-73 | 71.5-73 | 73-75 | 73-75 | 73-75 | 73-75 | 73-75 | 73-75 | 73-75 |
| TALL: LEG LENGTH (INCH) | 34 | 34 | 34 | 34 | 34 | 34 | 34 | 34 | 34 | 34 | 34 | 34 | 34 | 34 | 34 | 34 | 34 |
| TALL: BODY LENGTH TO FIT (INCH) | 70-71.5 | 70-71.5 | 70-71.5 | 71.5-73 | 72.5-74 | 72.5-74 | 72.5-74 | 74-75.5 | 74-75.5 | 74-75.5 | 74-75.5 | 74-75.5 | 74-75.5 | 74-75.5 | 74-75.5 | 74-75.5 | 74-75.5 |
| SHORT: LEG LENGTH (INCH) | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 |
| SHORT: BODY LENGTH TO FIT (INCH) | 64-65.5 | 64-65.5 | 64-65.5 | 64-65.5 | 65.5-67 | 68.5-70 | 68.5-70 | 68.5-70 | 68.5-70 | 68.5-70 | 68.5-70 | 68.5-70 | 68.5-70 | 68.5-70 | 68.5-70 | 68.5-70 | 68.5-70 |
| WAIST (CM) | 73 | 78 | 83 | 88 | 93 | 98 | 103 | 108 | 113 | 118 | 123 | 128 | 133 | 138 | 143 | 148 | 153 |
| WAIST TO FIT (CM) | 66-70 | 70-74 | 78-82 | 82-86 | 86-90 | 90-94 | 94-98 | 98-102 | 102-106 | 106-111 | 111-116 | 116-122 | 122-127 | 127-132 | 132-137 | 137-142 | 142-147 |
| REGULAR: LEG LENGTH (CM) | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 |
| REGULAR: BODY LENGTH TO FIT (CM) | 170-174 | 170-174 | 170-174 | 174-178 | 178-182 | 178-182 | 178-182 | 182-186 | 182-186 | 182-186 | 186-190 | 186-190 | 186-190 | 186-190 | 186-190 | 186-190 | 186-190 |
| TALL: LEG LENGTH (CM) | 86 | 86 | 86 | 86 | 86 | 86 | 86 | 86 | 86 | 86 | 86 | 86 | 86 | 86 | 86 | 86 | 86 |
| TALL: BODY LENGTH TO FIT (CM) | 178-182 | 178-182 | 178-182 | 182-186 | 184-188 | 184-188 | 184-188 | 188-192 | 188-192 | 188-192 | 188-192 | 188-192 | 188-192 | 188-192 | 188-192 | 188-192 | 188-192 |
| SHORT: LEG LENGTH (CM) | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 |
| SHORT: BODY LENGTH TO FIT (CM) | 162-166 | 162-166 | 162-166 | 162-166 | 166-170 | 174-178 | 174-178 | 174-178 | 174-178 | 174-178 | 174-178 | 174-178 | 174-178 | 174-178 | 174-178 | 174-178 | 174-178 |

| LADIES' COVERALLS | 8 | 10 | 12 | 14 | 16 | 18 |
|---------------------------|-----------|-----------|-----------|-----------|-----------|-----------|
| WAIST TO FIT (INCH) | 26.5 | 28.5 | 30.5 | 32.5 | 34.5 | 36 |
| BODY LENGTH TO FIT (INCH) | 65.5-67 | 65.5-67 | 65.5-67 | 67-68.5 | 67-68.5 | 67-68.5 |
| CHEST TO FIT (INCH) | 31.5-33.5 | 33.5-35.5 | 35.5-37.5 | 37.5-39.5 | 39.5-41.5 | 41.5-43.5 |
| LEG LENGTH (INCH) | 31 | 31 | 31 | 31 | 31 | 31 |
| WAIST ACTUAL (INCH) | 32.5 | 34.5 | 36.5 | 38.5 | 40.5 | 42.5 |
| CHEST ACTUAL (INCH) | 38.5 | 40.5 | 42.5 | 44.5 | 46.5 | 48.5 |
| WAIST TO FIT (CM) | 67 | 72 | 77 | 82 | 87 | 92 |
| BODY LENGTH TO FIT (CM) | 166-170 | 166-170 | 166-170 | 170-174 | 170-174 | 170-174 |
| CHEST TO FIT (CM) | 80-85 | 85-90 | 90-95 | 95-100 | 100-105 | 105-110 |
| LEG LENGTH (CM) | 79 | 79 | 79 | 79 | 79 | 79 |
| WAIST ACTUAL (CM) | 83 | 88 | 93 | 98 | 103 | 108 |
| CHEST ACTUAL (CM) | 98 | 103 | 108 | 113 | 118 | 123 |

| LADIES' TROUSERS | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 |
|------------------------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| WAIST (INCH) | 30.5 | 32.5 | 34.5 | 36.5 | 38.5 | 40.5 | 42.5 | 44.5 | 46.5 |
| HIP 20CM FROM WAIST BAND (INCH) | 40.5 | 42.5 | 44.5 | 46.5 | 48.5 | 50.5 | 52.5 | 54.5 | 56.5 |
| REGULAR: LEG LENGTH (INCH) | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 |
| REGULAR: BODY LENGTH TO FIT (INCH) | 65.5-67 | 65.5-67 | 65.5-67 | 67-68.5 | 67-68.5 | 67-68.5 | 67-68.5 | 67-68.5 | 67-68.5 |
| TALL: LEG LENGTH (INCH) | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 |
| TALL: BODY LENGTH TO FIT (INCH) | 67-68.5 | 67-68.5 | 67-68.5 | 68.5-70 | 68.5-70 | 68.5-70 | 68.5-70 | 68.5-70 | 68.5-70 |
| SHORT: LEG LENGTH (INCH) | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 |
| SHORT: BODY LENGTH TO FIT (INCH) | 64-65.5 | 64-65.5 | 64-65.5 | 65.5-67 | 65.5-67 | 65.5-67 | 65.5-67 | 65.5-67 | 65.5-67 |
| WAIST (CM) | 78 | 83 | 88 | 93 | 98 | 103 | 108 | 113 | 118 |
| HIP 20CM FROM WAIST BAND (CM) | 103 | 108 | 113 | 118 | 123 | 128 | 133 | 138 | 143 |
| REGULAR: LEG LENGTH (CM) | 75 | 75 | 75 | 75 | 75 | 75 | 75 | 75 | 75 |
| REGULAR: BODY LENGTH TO FIT (CM) | 166-170 | 166-170 | 166-170 | 170-174 | 170-174 | 170-174 | 170-174 | 170-174 | 170-174 |
| TALL: LEG LENGTH (CM) | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 |
| TALL: BODY LENGTH TO FIT (CM) | 170-174 | 170-174 | 170-174 | 174-178 | 174-178 | 174-178 | 174-178 | 174-178 | 174-178 |
| SHORT: LEG LENGTH (CM) | 70 | 70 | 70 | 70 | 70 | 70 | 70 | 70 | 70 |
| SHORT: BODY LENGTH TO FIT (CM) | 162-166 | 162-166 | 162-166 | 166-170 | 166-170 | 166-170 | 166-170 | 166-170 | 166-170 |



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