

SIZE GUIDE - MENS CYCLING - JACKET

SIZE	XS		S		M		L		XL		XXL		3XL		4XL	
A. CHEST (CM)	83.5	89	89	94.5	94.5	100	100	105.5	105.5	111	111	116.5	116.5	122	122	127.5
B. WAIST (CM)	69	75	75	81	81	87	87	92	92	97	97	102	102	107	107	112
F. OUTER ARM (CM)	51.5	53.5	54.5	56.5	57.5	59	60	62	63	65	66	68	66	68	68	70
G. HEIGHT (CM)	163	168	169	174	175	179	180	184	185	189	190	194	190	194	195	199
A. CHEST (IN)	32 7/8	35	35	37 1/4	37 1/4	39 3/8	39 3/8	41 1/2	41 1/2	43 3/4	43 3/4	45 7/8	45 7/8	48	48	50 1/4
B. WAIST (IN)	27 1/8	29 1/2	29 1/2	31 7/8	31 7/8	34 1/4	34 1/4	36 1/4	36 1/4	38 1/4	38 1/4	40 1/8	40 1/8	42 1/8	42 1/8	44 1/8
F. OUTER ARM (IN)	20 1/4	21	21 1/2	22 1/4	22 5/8	23 1/4	23 5/8	24 3/8	24 3/4	25 5/8	26	26 3/4	26	26 3/4	26 3/4	27 1/2
G. HEIGHT (IN)	64 1/8	66 1/8	66 1/2	68 1/2	68 7/8	70 1/2	70 7/8	72 1/2	72 7/8	74 3/8	74 3/4	76 3/8	74 3/4	76 3/8	76 3/4	78 3/8

HOW TO MEASURE

A. CHEST

Measure around the fullest part, under the armpits, keeping the tape horizontal.

B. WAIST

Measure around the natural waist line, inline with the navel, keeping the tape horizontal.

C. HIP

Measure around the fullest part of your hips, about 20cm below waist line, keeping the tape horizontal.

D. THIGH

Measure around the thigh just below the crotch, keeping the tape horizontal.

E. INNER LEG

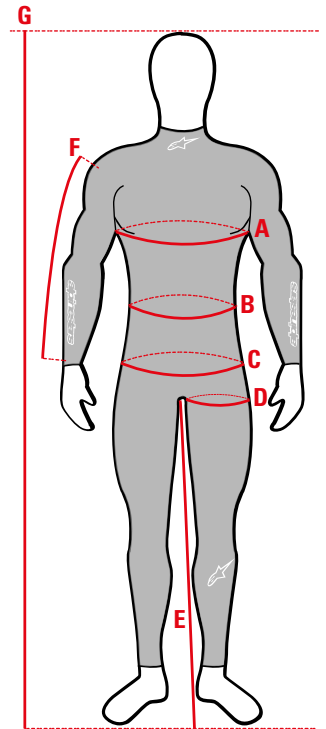
Stand against a wall, ask someone else to measure from the crotch to the bottom of your leg.

F. OUTER ARM

Measure from shoulder (Humerus) to wrist.

G. HEIGHT

Stand against a wall, ask someone else to measure from the floor to the top of your head, keeping the tape vertical.



SIZE GUIDE - MENS CYCLING - JERSEY

SIZE	XS		S		M		L		XL		XXL		3XL		4XL	
A. CHEST (CM)	83.5	89	89	94.5	94.5	100	100	105.5	105.5	111	111	116.5	116.5	122	122	127.5
B. WAIST (CM)	69	75	75	81	81	87	87	92	92	97	97	102	102	107	107	112
F. OUTER ARM (CM)	51.5	53.5	54.5	56.5	57.5	59	60	62	63	65	66	68	66	68	68	70
G. HEIGHT (CM)	163	168	169	174	175	179	180	184	185	189	190	194	190	194	195	199
A. CHEST (IN)	32 7/8	35	35	37 1/4	37 1/4	39 3/8	39 3/8	41 1/2	41 1/2	43 3/4	43 3/4	45 7/8	45 7/8	48	48	50 1/4
B. WAIST (IN)	27 1/8	29 1/2	29 1/2	31 7/8	31 7/8	34 1/4	34 1/4	36 1/4	36 1/4	38 1/4	38 1/4	40 1/8	40 1/8	42 1/8	42 1/8	44 1/8
F. OUTER ARM (IN)	20 2/8	21	21 1/2	22 1/4	22 5/8	23 1/4	23 5/8	24 3/8	24 3/4	25 5/8	26	26 3/4	26	26 3/4	26 3/4	27 1/2
G. HEIGHT (IN)	64 1/8	66 1/8	66 1/2	68 1/2	68 7/8	70 1/2	70 7/8	72 1/2	72 7/8	74 3/8	74 3/4	76 3/8	74 3/4	76 3/8	76 3/4	78 3/8

HOW TO MEASURE

A. CHEST

Measure around the fullest part, under the armpits, keeping the tape horizontal.

B. WAIST

Measure around the natural waist line, inline with the navel, keeping the tape horizontal.

C. HIP

Measure around the fullest part of your hips, about 20cm below waist line, keeping the tape horizontal.

D. THIGH

Measure around the thigh just below the crotch, keeping the tape horizontal.

E. INNER LEG

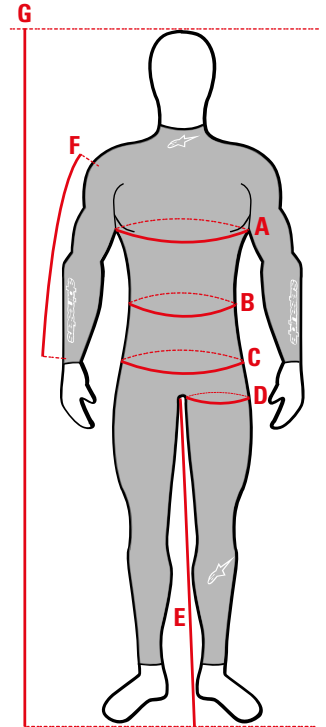
Stand against a wall, ask someone else to measure from the crotch to the bottom of your leg.

F. OUTER ARM

Measure from shoulder (Humerus) to wrist.

G. HEIGHT

Stand against a wall, ask someone else to measure from the floor to the top of your head, keeping the tape vertical.



SIZE GUIDE - MENS CYCLING - PANTS AND SHORTS

SIZE	26		28		30		32		34		36		38		40		42		44	
B. WAIST (CM)	63	69	69	75	75	81	81	87	87	92	92	97	97	102	102	107	107	112	112	117
C. HIP (CM)	79	84.5	84.5	90	90	95.5	95.5	101	101	106.5	106.5	112	112	117.5	117.5	123	123	128.5	128.5	134
D. THIGH (CM)	48	50.5	50.5	53	53	55.5	55.5	58	58	60.5	60.5	63	63	65.5	65.5	68	68	70.5	70.5	73
E. INNER LEG (CM)	71	73	74	76	77	79	80	82	83	85	86	88	89	91	89	91	91	92	91	92
G. HEIGHT (CM)	157	162	163	168	169	174	175	179	180	184	185	189	190	194	190	194	195	199	195	199
B. WAIST (IN)	24 3/4	27 1/8	27 1/8	29 1/2	29 1/2	31 7/8	31 7/8	34 1/4	34 1/4	36 1/4	36 1/4	38 1/4	38 1/4	40 1/8	40 1/8	42 1/8	42 1/8	44 1/8	44 1/8	46
C. HIP (IN)	31 1/8	33 1/4	33 1/4	35 3/8	35 3/8	37 5/8	37 5/8	39 3/4	39 3/4	41 7/8	41 7/8	44 1/8	44 1/8	46 1/4	46 1/4	48 3/8	48 3/8	50 5/8	50 5/8	52 3/4
D. THIGH (IN)	18 7/8	19 7/8	19 7/8	20 3/4	20 3/4	21 7/8	21 7/8	22 7/8	22 7/8	23 7/8	23 7/8	24 3/4	24 3/4	25 3/4	25 3/4	26 3/4	26 3/4	27 3/4	27 3/4	28 3/4
E. INNER LEG (IN)	28	28 3/4	29 1/8	29 7/8	30 1/4	31 1/8	31 1/2	32 1/4	32 5/8	33 2/4	33 7/8	34 5/8	35	35 7/8	35	35 7/8	35 7/8	36 1/4	35 7/8	36 1/4
G. HEIGHT (IN)	61 3/4	63 3/4	64 1/8	66 1/8	66 1/2	68 1/2	68 7/8	70 1/2	70 7/8	72 1/2	72 7/8	74 3/8	74 3/4	76 3/8	74 3/4	76 3/8	76 3/4	78 3/8	76 3/4	78 3/8

HOW TO MEASURE

A. CHEST

Measure around the fullest part, under the armpits, keeping the tape horizontal.

B. WAIST

Measure around the natural waist line, inline with the navel, keeping the tape horizontal.

C. HIP

Measure around the fullest part of your hips, about 20cm below waist line, keeping the tape horizontal.

D. THIGH

Measure around the thigh just below the crotch, keeping the tape horizontal.

E. INNER LEG

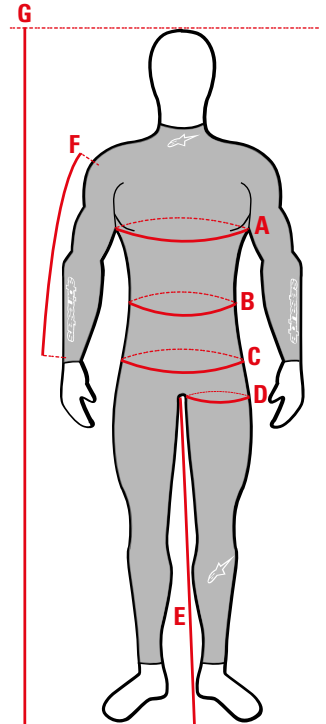
Stand against a wall, ask someone else to measure from the crotch to the bottom of your leg.

F. OUTER ARM

Measure from shoulder (Humerus) to wrist.

G. HEIGHT

Stand against a wall, ask someone else to measure from the floor to the top of your head, keeping the tape vertical.



SIZE GUIDE - WOMENS CYCLING - JACKET

SIZE	XS		S		M		L		XL		XXL	
A. CHEST (CM)	74	80	80	86	86	90	90	94.5	94.5	99	99	104
B. BUST (CM)	78	84	84	90	90	94	94	98.5	98.5	103	103	108
C. WAIST (CM)	58	64	64	70	70	74	74	78.5	78.5	83	83	88
D. HIP (CM)	82	88	88	94	94	98	98	102.5	102.5	107	107	112
G. OUTER ARM (CM)	50	52.5	52.5	55	55.5	57.5	58	59.5	60	61.5	61.5	62.5
H. HEIGHT (CM)	157	162	162.5	168	168.5	172	172.5	176.5	176.5	180.5	180.5	182.5
A. CHEST (IN)	29 1/8	31 1/2	31 1/2	33 7/8	33 7/8	35 3/8	35 3/8	37 1/4	37 1/4	39	39	41
B. BUST (IN)	30 3/4	33 1/8	33 1/8	35 3/8	35 3/8	37	37	38 3/4	38 3/4	40 1/2	40 1/2	42 1/2
C. WAIST (IN)	22 7/8	25	25	27 1/2	27 1/2	29 1/8	29 1/8	30 7/8	30 7/8	32 5/8	32 5/8	34 5/8
D. HIP (IN)	32 1/4	34 5/8	34 5/8	37	37	38 5/8	38 5/8	40 3/8	40 3/8	42 1/8	42 1/8	44 1/8
G. OUTER ARM (IN)	19 3/4	20 5/8	20 5/8	21 5/8	21 7/8	22 5/8	22 7/8	23 3/8	23 5/8	24 1/4	24 1/4	24 5/8
H. HEIGHT (IN)	61 3/4	63 3/4	64	66 1/8	66 3/8	67 3/4	67 7/8	69 1/2	69 1/2	71	71	71 7/8

HOW TO MEASURE

A. CHEST

Measure around the fullest part, under the armpits, keeping the tape horizontal.

B. BUST

Measure around the fullest part of the bust, keeping the tape horizontal.

C. WAIST

Measure around the natural waist line, inline with the navel, keeping the tape horizontal.

D. HIP

Measure around the fullest part of your hips, about 20cm below waist line, keeping the tape horizontal.

E. THIGH

Measure around the thigh just below the crotch, keeping the tape horizontal.

F. INNER LEG

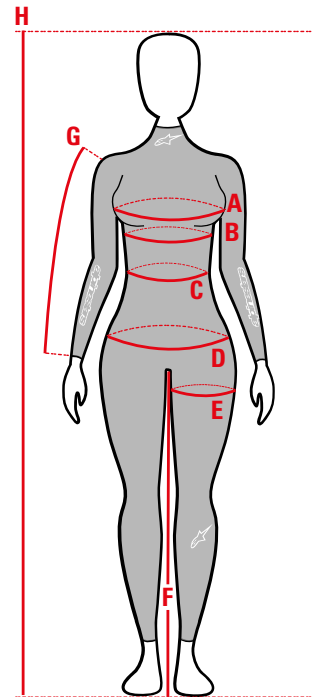
Stand against a wall, ask someone else to measure from the crotch to the bottom of your leg.

G. OUTER ARM

Measure from shoulder (Humerus) to wrist.

H. HEIGHT

Stand against a wall, ask someone else to measure from the floor to the top of your head, keeping the tape vertical.



SIZE GUIDE - WOMENS CYCLING - JERSEY

SIZE	XS		S		M		L		XL		XXL	
A. CHEST (CM)	74	80	80	86	86	90	90	94.5	94.5	99	99	104
B. BUST (CM)	78	84	84	90	90	94	94	98.5	98.5	103	103	108
C. WAIST (CM)	58	64	64	70	70	74	74	78.5	78.5	83	83	88
D. HIP (CM)	82	88	88	94	94	98	98	102.5	102.5	107	107	112
G. OUTER ARM (CM)	50	52.5	52.5	55	55.5	57.5	58	59.5	60	61.5	61.5	62.5
H. HEIGHT (CM)	157	162	162.5	168	168.5	172	172.5	176.5	176.5	180.5	180.5	182.5
A. CHEST (IN)	29 1/8	31 1/2	31 1/2	33 7/8	33 7/8	35 3/8	35 3/8	37 1/4	37 1/4	39	39	41
B. BUST (IN)	30 3/4	33 1/8	33 1/8	35 3/8	35 3/8	37	37	38 3/4	38 3/4	40 1/2	40 1/2	42 1/2
C. WAIST (IN)	22 7/8	25	25	27 1/2	27 1/2	29 1/8	29 1/8	30 7/8	30 7/8	32 5/8	32 5/8	34 5/8
D. HIP (IN)	32 1/4	34 5/8	34 5/8	37	37	38 5/8	38 5/8	40 3/8	40 3/8	42 1/8	42 1/8	44 1/8
G. OUTER ARM (IN)	19 3/4	20 5/8	20 5/8	21 5/8	21 7/8	22 5/8	22 7/8	23 3/8	23 5/8	24 1/4	24 1/4	24 5/8
H. HEIGHT (IN)	61 3/4	63 3/4	64	66 1/8	66 3/8	67 3/4	67 7/8	69 1/2	69 1/2	71	71	71 7/8

HOW TO MEASURE

A. CHEST

Measure around the fullest part, under the armpits, keeping the tape horizontal.

B. BUST

Measure around the fullest part of the bust, keeping the tape horizontal.

C. WAIST

Measure around the natural waist line, inline with the navel, keeping the tape horizontal.

D. HIP

Measure around the fullest part of your hips, about 20cm below waist line, keeping the tape horizontal.

E. THIGH

Measure around the thigh just below the crotch, keeping the tape horizontal.

F. INNER LEG

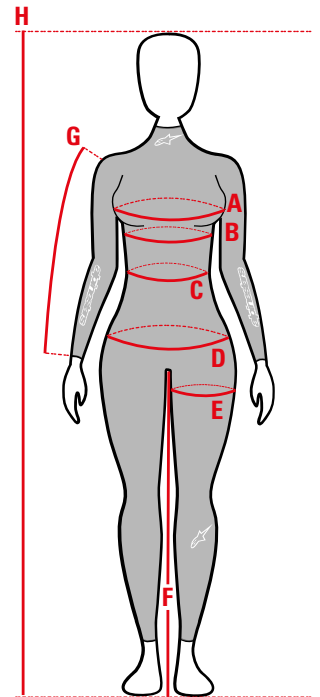
Stand against a wall, ask someone else to measure from the crotch to the bottom of your leg.

G. OUTER ARM

Measure from shoulder (Humerus) to wrist.

H. HEIGHT

Stand against a wall, ask someone else to measure from the floor to the top of your head, keeping the tape vertical.



SIZE GUIDE - WOMENS CYCLING - PANTS AND SHORTS

SIZE	24		26		28		30		32		34		36	
C. WAIST (CM)	58	63.5	63.5	69	69	74	74	79	79	84	84	89	89	94
D. HIP (CM)	82	88	88	94	94	98	98	102.5	102.5	107	107	112	112	117
E. THIGH (CM)	50	52.5	52.5	55	56	57	58	59.5	60	61.5	62	64	64.5	66.5
F. INNER LEG (CM)	72	74.5	74.5	77	77	79.5	80	81.5	82	83.5	83.5	84.5	84.5	86
H. HEIGHT (CM)	157	162	162.5	168	168.5	172	172.5	176.5	176.5	180.5	180.5	182.5	182.5	185
C. WAIST (IN)	22 7/8	25	25	27 1/8	27 1/8	29 1/8	29 1/8	31 1/8	31 1/8	33 1/8	33 1/8	35	35	37
D. HIP (IN)	32 1/4	34 5/8	34 5/8	37	37	38 5/8	38 5/8	40 3/8	40 3/8	42 1/8	42 1/8	44 1/8	44 1/8	46
E. THIGH (IN)	19 3/4	20 5/8	20 5/8	21 5/8	22	22 1/2	22 7/8	23 3/8	23 5/8	24 1/4	24 3/8	25	25 3/8	26 1/8
F. INNER LEG (IN)	28 3/8	29 3/8	29 3/8	30 1/4	30 1/4	31 1/4	31 1/2	32 1/8	32 1/4	32 7/8	32 7/8	33 1/4	33 1/4	33 7/8
H. HEIGHT (IN)	61 3/4	63 3/4	64	66 1/8	66 3/8	67 3/4	67 7/8	69 1/2	69 1/2	71	71	71 7/8	71 7/8	72 7/8

HOW TO MEASURE

A. CHEST

Measure around the fullest part, under the armpits, keeping the tape horizontal.

B. BUST

Measure around the fullest part of the bust, keeping the tape horizontal.

C. WAIST

Measure around the natural waist line, inline with the navel, keeping the tape horizontal.

D. HIP

Measure around the fullest part of your hips, about 20cm below waist line, keeping the tape horizontal.

E. THIGH

Measure around the thigh just below the crotch, keeping the tape horizontal.

F. INNER LEG

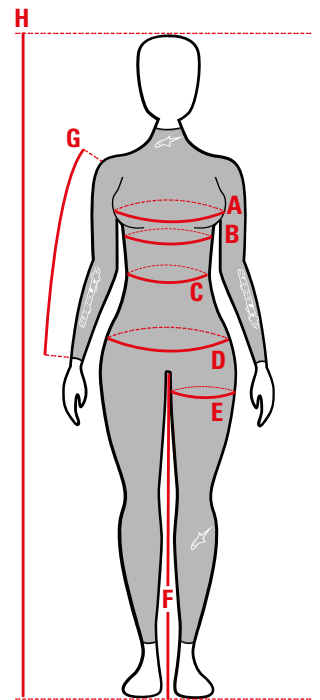
Stand against a wall, ask someone else to measure from the crotch to the bottom of your leg.

G. OUTER ARM

Measure from shoulder (Humerus) to wrist.

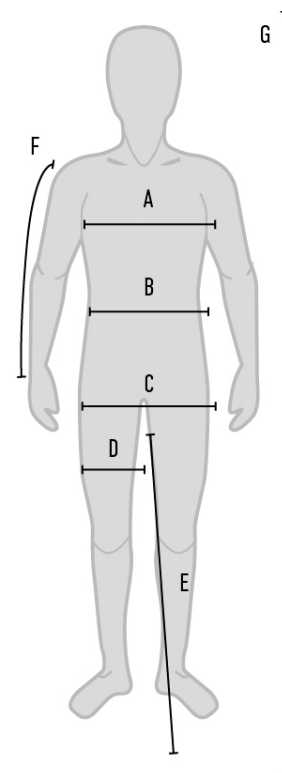
H. HEIGHT

Stand against a wall, ask someone else to measure from the floor to the top of your head, keeping the tape vertical.



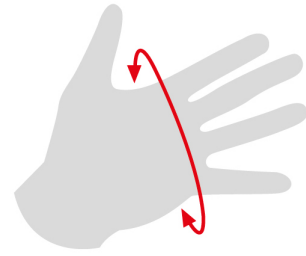
YOUTH APPAREL SIZE CHART

SIZE	120	130	140	150
U.S. SIZE	22	24	26	28
INT. SIZE	S	M	L	XL
YEARS	6	7-8	9-10	11-12
A. CHEST CM	60.5 - 65.5	65.5 - 70.5	70.5 - 75.5	75.5 - 80.5
B. WAIST CM	54 - 58	58 - 62	62 - 66	66 - 70
C. HIP CM	68 - 72	72 - 76	76 - 80	80 - 84
D. THIGH CM	40 - 42	42 - 44	44 - 46	46 - 48
E. INSEAM CM	51.1 - 56.5	56.5 - 61.5	61.5 - 66.5	66.5 - 71.5
F. ARM LENGTH CM	40 - 44	44 - 48	48 - 52	52 - 56
G. HEIGHT CM	120 - 130	130 - 140	140 - 150	150 - 160
A. CHEST IN	23 - 25 $\frac{1}{4}$	25 $\frac{3}{4}$ - 27 $\frac{3}{4}$	27 $\frac{3}{4}$ - 29 $\frac{3}{4}$	29 $\frac{3}{4}$ - 31 $\frac{3}{4}$
B. WAIST IN	21 $\frac{1}{4}$ - 22	22 - 24	24 - 26	26 - 27 $\frac{1}{2}$
C. HIP IN	26 $\frac{3}{4}$ - 28	28 - 29	29 - 31 $\frac{1}{2}$	31 $\frac{1}{2}$ - 33
D. THIGH IN	15 $\frac{3}{4}$ - 16 $\frac{1}{2}$	16 $\frac{1}{2}$ - 17	17 - 18	18 - 18
E. INSEAM IN	20 - 22 $\frac{1}{4}$	22 $\frac{1}{4}$ - 24 $\frac{1}{4}$	24 $\frac{1}{4}$ - 26	26 - 28
F. ARM LENGTH IN	15 $\frac{6}{8}$ - 16	16 - 18	18 - 20 $\frac{1}{2}$	20 $\frac{1}{2}$ - 22
G. HEIGHT IN	47 $\frac{1}{4}$ - 51	51 - 55	55 - 59	59 - 63



GLOVES SIZE CHART

INTERNATIONAL SIZE	XS	S	M	L	XL	XXL	3XL
MEN'S HAND MEASUREMENT cm		17.8 - 20.3	20.3 - 21.6	21.6 - 22.9	22.9 - 24.1	24.1 - 25.4	25.4 - 27.9
WOMEN'S HAND MEASUREMENT cm	16.5 - 17.8	17.8 - 19	19 - 20.3	20.3 - 21.6	21.6 - 22.9		
INTERNATIONAL SIZE	XS	S	M	L	XL	XXL	3XL
MEN'S HAND MEASUREMENT in		7 $\frac{1}{4}$ - 8	8 - 8 $\frac{1}{2}$	8 $\frac{1}{2}$ - 9	9 - 9 $\frac{1}{2}$	9 $\frac{1}{2}$ - 10	10 - 11
WOMEN'S HAND MEASUREMENT in	6 $\frac{1}{2}$ - 7	7 - 7 $\frac{1}{2}$	7 $\frac{1}{2}$ - 8	8 - 8 $\frac{1}{2}$	8 $\frac{1}{2}$ - 9		



HOW TO MEASURE
HAND CIRCUMFERENCE
WITHOUT THUMB

NUCLEON CHEST PROTECTORS SIZE CHART

MEN

BODY MEASUREMENTS

BODY HEIGHT cm	144-158	159-163	164-167	168-171	172-175	176-179	180-183	184-187	188-191	192-195	192-195	196-199	196-199
WAIST cm	68-76			76-88			88-100			100-116			
CHEST cm	82-94			94-114									

JACKET AND SUIT SIZE

EURO SIZE	42	44	46	48	50	52	54	56	58	60	62	64
INTERNATIONAL SIZE	XS		S	M	L	XL	XXL	3XL	4XL			

CHEST INSERTS KR-C / KR-CI - KR-CIR - MEN - 2 SIZES AV.

NUCLEON CHEST PROTECTOR MEN	XS/S (TYPE A)	M/L/XL (TYPE B)
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CHEST INSERTS KR-CIS - MEN - 2 SIZES AV.

NUCLEON KR-TB	S (TYPE A)	L (TYPE B)
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TAIL BONE - 1 SIZE AV.

NUCLEON KR-TB	OS - ONE SIZE
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WOMEN

BODY MEASUREMENTS

BODY HEIGHT cm	144-156	157-160	161-164	165-168	169-172	173-176	177-180	181-184	181-184	185-188
WAIST cm	58-66			66-80			80-94			
CHEST cm	74-114									

JACKET AND SUIT SIZE

EURO SIZE	36	38	40	42	44	46	48	50	52
INTERNATIONAL SIZE	XXS		XS	S	M	L	XL	XXL	

CHEST INSERTS WOMEN

NUCLEON KR-CIW	OS - ONE SIZE
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NUCLEON BACK PROTECTORS SIZE CHART

BODY MEASUREMENTS

1	BODY HEIGHT cm	144-158	159-163	164-167	168-171	172-175	176-179	180-183	184-187	188-191	192-195	192-195	196-199	196-199	
2	WAIST cm	68-76			76-88			88-100			100-116				
3	WAIST TO SHOULDER 38 -43 cm	WAIST TO SHOULDER* 38-43													
	WAIST TO SHOULDER 43-48 cm				WAIST TO SHOULDER* 43/48										
	WAIST TO SHOULDER 48-51 cm							WAIST TO SHOULDER* 48-51							

JACKET AND SUIT SIZE

EURO SIZE	42	44	46	48	50	52	54	56	58	60	62	64
INTERNATIONAL SIZE	XS		S	M	L	XL	XXL	3XL	4XL			

BACK PROTECTORS NUCLEON KR-1 / KR-2 / KR-R - 5 SIZES AVAILABLE (3 PROTECTORS DIMENSION)

BACK PROTECTOR'S USER HAS TO WEAR A PROTECTOR CORRESPONDING TO HIS WAIST TO SHOULDER BODY MEASUREMENT*

NUCLEON PRODUCT SIZE	XS	S	M	L	XL
WAIST BELT LENGHT cm	41 CM	44 CM	47 CM	51 CM	54 CM
PROTECTION DIMENSION	SIZE SMALL		SIZE MEDIUM		SIZE LARGE

BACK INSERT NUCLEON KR-11 / KR-21 - 3 SIZE AVAILABLE

BACK PROTECTOR'S USER HAS TO WEAR A PROTECTOR CORRESPONDING TO HIS WAIST TO SHOULDER BODY MEASUREMENT*

NUCLEON PRODUCT SIZE	S	M	L
PROTECTION DIMENSION	SIZE SMALL	SIZE MEDIUM	SIZE LARGE

