

## Rainbows Size Guides

All measurements are in cm's

All measurements include hems

These are flat garment measurements (to get the full body please multiply the measurement by 2)

### Rainbows polo shirt

Size (to fit chest)	XS (22")	S (24")	M (26")	L (28")	XL (30")
A. Chest measurement (armhole to armhole)	34.5	37	39.5	42	44.5
B. Waist (at smallest point)	32.5	35	37.5	40	42.5
C. Hem	34.5	37	39.5	42	44.5
D. Sleeve and shoulder (nape to sleeve hem)	19	21	23	25	27
E. Centre back to hem (nape to garment bottom)	40.5	44.5	48.5	52.5	56.5

### Rainbows zip hoodie

Size (to fit chest)	XS (22")	S (24")	M (26")	L (28")	XL (30")
A. Chest measurement (armhole to armhole)	36	39	42.5	45	47.5
B. Waist (at the smallest point)	36	39	42.5	45	47.5
C. Hem	34	36.5	39	41.5	44
D. Sleeve (from shoulder end to sleeve including cuff)	43.5	49	53	57	63
E. Zip length	38	41	45	48	52
F. Centre back to hem (nape to garment bottom)	40.5	44.5	48.5	52.5	56.5

### Rainbows jog pants

Size (to fit waist)	XS (18")	S (20")	M (22")	L (24")	XL (26")
A. Waist (relaxed)	25	26	27	29	31
B. Inside leg	43	50	56	62	73
C. Thigh (at crotch)	20.5	21.5	23.5	26	28

### Rainbows leggings

Size (to fit waist)	XXS (16")	XS (18")	S (20")	M (22")	L (24")	XL (26")
Waist relaxed	22	23.5	25	26.5	28	29.5
Inside leg	46.5	50.5	53	54	56.5	60.5
Hip	26.5	29	31.5	34	36.5	39

### Rainbows cycle shorts

Size (to fit waist)	XS (18")	S (20")	M (22")	L (24")	XL (26")
A. Waist (relaxed)	26.5	27.5	28.5	30.5	32.5
B. Outside leg	32	36	38	42	45
C. Inside leg	15	15	19	22.5	25.5