SIZING CHARTS

This chart serves as a guide only. Exact sizes may vary depending on individual body structure.
Bibs might pull when standing upright – this is normal.

Fitting / Sizing

ASSOS garments are cut to fit a cyclist's body. If you don't have a more or less athletic body, ASSOS will not fit you properly. Our pattern design is anatomically shaped according to the ASSOS pattern design philosophy AEPD. Meaning, ASSOS contours to your body, protecting it without applying pressure when you are on your bicycle. Get into the riding position and feel how ASSOS "clicks" onto your body. ASSOS is not very comfortable to wear when standing upright – it pulls – and this is normal. ASSOS' technical garments are not intended for leisure activities.

Not buying the right size (too big or too small) will result in comfort, performance or longevity problems. If a garment is too big, it will provoke skin irritation (because the garment moves around and causes friction) and it will not keep you dry enough (the ASSOS "als" principle cannot function properly). When a garment is too small, the seams and fabric are under too much stress and this will result in fabric pilling and deterioration.

If you have never worn ASSOS, we highly recommend visiting an ASSOS point of sale in order to determine your proper size before purchasing. Note: professional cyclists often start the year wearing size L, but as time goes by and kilometers accumulate, they start using smaller sizes. Proper sizing is essential – not only for professionals!

GET INTO THE RIDING POSITION & FEEL
THE GARMENT "CLICK" ONTO YOUR BODY.

Our products are tailored for the cycling position.
Cut anatomically without movement restriction on the bike.

Shorts, Knickers, Tights

	Man				Lady	
Size	**Height** cm	**Weight** kg	**Height** inches	**Weight** pounds	**Hip** cm	inches
XS	150–159	<60	59.1–62.6	< 132	86	34
S	160–169	<70	1.63–66.6	< 154	90	36
M	170–179	<75	1.67–70.5	< 165	100	39
L	180–185	<80	70.9–72.8	< 176	102	40
XL	186–190	<85	73.2–74.8	< 187	110	43
XLG	191–195	<90	75.2–76.8	< 198		
TIR	= XLG, but wider	>90	= XLG, but wider	> 198		

Gloves

Size	**Hand circumference** cm	inches
XS	18	17
S	20	17 3/4
M	22	18 5/8
L	23	19
XL	24	19 7/16
XLG	26	20 1/4

Socks

Size	**EU**	**US**
0	35–37	4–7.5
I	38–42	8–10
II	43–46	9.5–12

Jerseys
Jackets
Body Insulation
Vests
Rainbreakers

Man

Size	Chest cm	inches
XS	90	36
S	96	38
M	100	39
L	102	40
XL	110	43
XLG	116	46
TIR	118 +	47

Jerseys
Jackets

Lady

Size	Chest cm	inches
XS	80	32
S	85	34
M	90	36
L	96	38
XL	102	40

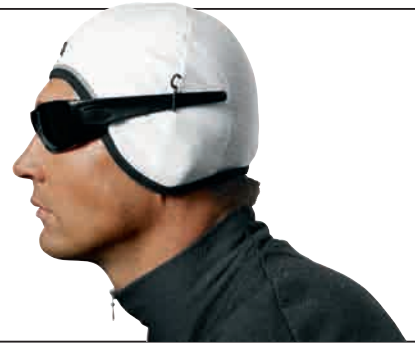
Booties

Size	EU	US
I	<39	<7.5
II	<43	<9
III	<45	<12
IV	45+	12+

legWarmer_S7
kneeWarmer_S7
armWarmer_S7

Size	
0	XS–S
I	M–L
II	XL–XLG

Caps



Size	Head circumference cm	inches
0	48–53	19-21
I	53–58	21-23
II	58–63	23-25