

POLI
l'esprit club



ATHLETICS RUNNING & TRAIL

ESSENTIAL – PERFORMANCE – TRAIL

POLI
l'esprit club

POLI

ESSENTIAL

FOCUSES ON COMFORT, WITH A REGULAR FIT

An accessible and comfortable range, ideal for training sessions or mass participation races. Its regular fit and lightweight fabrics provide maximum ease of movement while ensuring proper support. A great starting point for clubs looking for simplicity, efficiency, and customization.

POLI



ARSEN

MEN'S RUNNING SINGLET

ESSENTIAL

ARSEN

MEN'S RUNNING SINGLET



- Sizes XS to 4XL
- Fully customizable
- Regular fit
- Lightweight fabric 90 g/m², 100% micro-ventilated polyester
- Scoop neckline and wide armholes for full freedom of movement



ZOE

WOMEN'S RUNNING SINGLET



ESSENTIAL

ZOE

WOMEN'S RUNNING SINGLET



Sizes 2XS to 2XL

Fully customizable

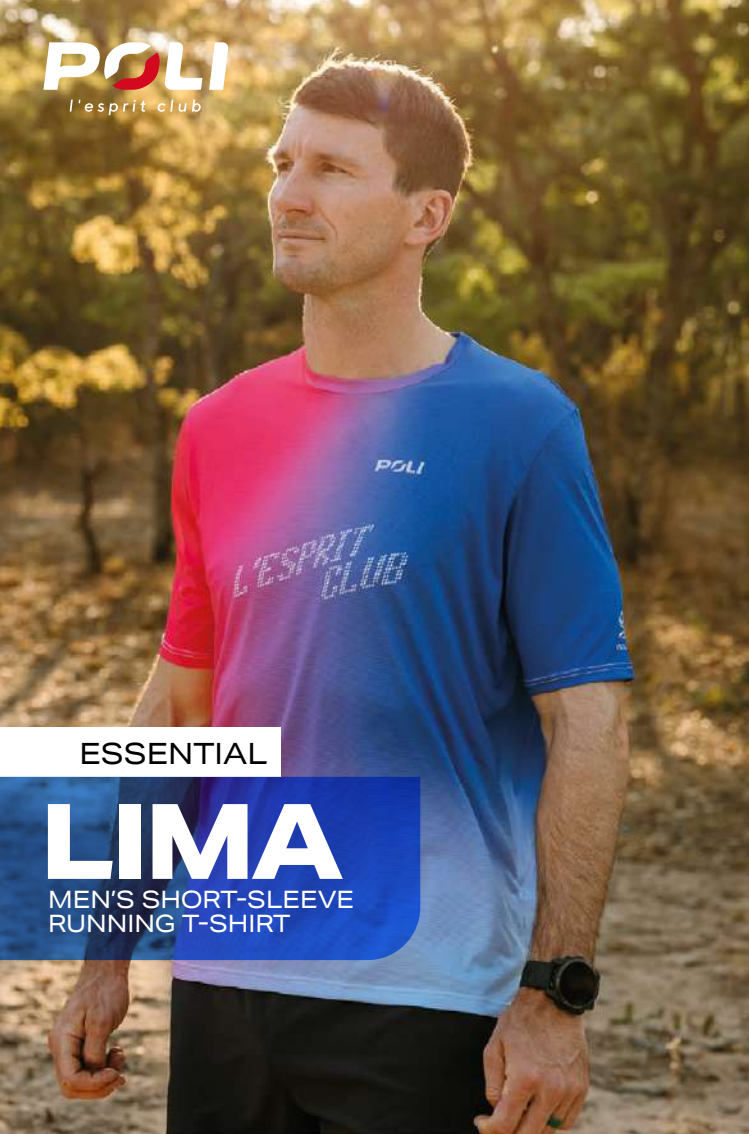
Regular fit

Lightweight fabric 90 g/m², 100% micro-ventilated polyester

Scoop neckline and wide armholes for full freedom of movement



LIMA
MEN'S SHORT-SLEEVE
RUNNING T-SHIRT



ESSENTIAL

LIMA
MEN'S SHORT-SLEEVE
RUNNING T-SHIRT



Sizes XS to 4XL

Fully customizable

Regular fit

Lightweight knit 90 g/m², 100% micro-ventilated polyester

Crew neck



LANA

WOMEN'S SHORT-SLEEVE
RUNNING T-SHIRT

ESSENTIAL

LANA

WOMEN'S SHORT-SLEEVE
RUNNING T-SHIRT



Sizes 2XS to 2XL

Fully customizable

Regular fit

Lightweight knit 90 g/m², 100% micro-ventilated polyester

Crew neck



MIKA

UNISEX LONG-SLEEVE
RUNNING JERSEY



ESSENTIAL

MIKA

UNISEX LONG-SLEEVE
RUNNING JERSEY



Sizes XS to 2XL

Fully customizable

Regular fit

Recycled polyester knit, stretchable with a soft brushed interior

Stand-up collar

20 cm self-locking zipper



FETCH

UNISEX RUNNING WINDJACKET

ESSENTIAL

FETCH

UNISEX RUNNING WINDJACKET



Sizes XS to 2XL

Fully customizable

Regular fit

Combination of 2 fabrics: microfibre windproof with DWR treatment + breathable mesh on the sides

Ribbed finishing on cuffs, collar, and side hems

Stand-up collar

Full-length self-locking zipper

Invisible zip pocket on the right side



MEHDI

MEN'S LONG RUNNING SHORTS

ESSENTIAL

MEHDI

MEN'S LONG RUNNING SHORTS



Sizes XS to 2XL

Loose fit

Solid microfiber base

Customizable sides in lightweight 100% micro-ventilated polyester mesh

Elastic waistband with adjustable internal drawcord

2 side pockets and 1 rear zip pocket with YKK Flatknit® zipper

Built-in liner

Inseam length (M) = 14.5 cm



ARSY

JUNIOR RUNNING SINGLET

ESSENTIAL

ARSY

JUNIOR RUNNING SINGLET



Ages 6 to 14

Fully customizable

Regular fit

Lightweight fabric 90 g/m², 100% micro-ventilated polyester



MALO

JUNIOR RUNNING T-SHIRT

ESSENTIAL

MALO

JUNIOR RUNNING T-SHIRT



Ages 6 to 14

Fully customizable

Regular fit

Lightweight fabric 90 g/m², 100% micro-ventilated polyester

Crew neck



FETY

JUNIOR RUNNING WINDJACKET

ESSENTIAL

FETY

JUNIOR RUNNING WINDJACKET



Ages 6 to 14

Fully customizable

Regular fit

Combination of 2 fabrics: microfibre windproof with DWR treatment + breathable mesh on the sides

Ribbed finishing on cuffs, collar, and side hems

Stand-up collar

Full-length self-locking zipper



TOMY

JUNIOR RUNNING TIGHT SHORTS

ESSENTIAL

TOMY

JUNIOR RUNNING TIGHT SHORTS



Ages 6 to 14

Tights made with 2 fabrics in bi-stretch interlock, with customizable side panels

Thigh hems with clean-cut finish

Elastic waistband with adjustable internal drawcord

Inseam length (size 10) = 15 cm

POLI

ESSENTIAL

GABOR

JUNIOR RUNNING TIGHTS

POLI

POLI

ESSENTIAL



GABOR

JUNIOR RUNNING TIGHTS



Ages 6 to 14

Tights with a solid base in abrasion-resistant brushed technical knit

Customizable side panels

Flatlock seam construction

Elastic waistband with adjustable internal drawcord

Ankle hems with clean-cut finish and bottom leg zippers



POLI
l'esprit club

PERFORMANCE

TECHNICAL AND FITTED FOR OPTIMAL PERFORMANCE

A complete technical range designed for running and athletics. It combines fitted cuts, comfort during activity, and excellent hold, while maintaining a good quality/price ratio.

The numerous customization options make it an ideal solution for clubs seeking performance and flexibility.



VITO

MEN'S TECHNICAL
RUNNING SINGLET

PERFORMANCE

VITO

MEN'S TECHNICAL
RUNNING SINGLET



Sizes XS to 2XL

Fully customizable

Regular fit

Ultra-lightweight and durable fabric

Side slits

Thermoadhered seams on collar, armholes, and bottom hem



VICK
WOMEN'S TECHNICAL
RUNNING SINGLET

PERFORMANCE

VICK
WOMEN'S TECHNICAL
RUNNING SINGLET



Sizes 2XS to 2XL

Fully customizable

Regular fit

Ultra-lightweight and durable fabric

Side slits

Thermoadhered seams on collar, armholes, and bottom hem



BERKO

MEN'S SHORT-SLEEVE
RUNNING T-SHIRT



PERFORMANCE

BERKO

MEN'S SHORT-SLEEVE
RUNNING T-SHIRT



Sizes XS to 4XL

Fully customizable

Fitted cut

Combination of 2 stretch fabrics: smooth knit with polyester fiber

4-panel front for improved thermoregulation + Micro-ventilated mesh on sleeves and back

Crew neck



BEA

WOMEN'S SHORT-SLEEVE
RUNNING T-SHIRT

PERFORMANCE

BEA

WOMEN'S SHORT-SLEEVE
RUNNING T-SHIRT



Sizes XS to 4XL

Fully customizable

Fitted cut

Combination of 2 stretch fabrics: smooth knit with polyester fiber

4-panel front for improved thermoregulation + Micro-ventilated mesh on sleeves and back

Crew neck



BERKO

MEN'S LONG-SLEEVE
RUNNING T-SHIRT

PERFORMANCE

BERKO

MEN'S LONG-SLEEVE
RUNNING T-SHIRT



Sizes XS to 4XL

Fully customizable

Fitted cut

Combination of 2 stretch fabrics: smooth knit with polyester fiber

4-panel front for improved thermoregulation + Micro-ventilated mesh on sleeves and back

Crew neck



BEA

TEE-SHIRT MANCHES
LONGUES RUN FEMME



PERFORMANCE

BEA

WOMEN'S LONG-SLEEVE
RUNNING T-SHIRT



Sizes XS to 4XL

Fully customizable

Fitted cut

Combination of 2 stretch fabrics: smooth knit with polyester fiber

4-panel front for improved thermoregulation + Micro-ventilated mesh on sleeves and back

Crew neck



LIZA
WOMEN'S RUNNING
BRA TOP

PERFORMANCE

LIZA
WOMEN'S RUNNING
BRA TOP



Sizes 2XS to XL

Fully customizable

Very fitted cut

Recycled polyester, bi-stretch interlock with
compression and UV 50+ protection

Bottom hem finished with silicone

Neckline binding

Flatlock seam construction to prevent chafing

Built-in inner bra – medium support



STACY

WOMEN'S RUNNING
CROP TOP

PERFORMANCE

STACY

WOMEN'S RUNNING
CROP TOP



Sizes 2XS to XL

Fully customizable

Very fitted cut

Recycled polyester, bi-stretch interlock with
compression and UV 50+ protection

Bottom hem finished with silicone

Neckline binding

Flatlock seam construction to prevent chafing

Built-in inner bra – medium support



CAROL

WOMEN'S SHORT-SLEEVE
RUNNING BRA TOP



PERFORMANCE

CAROL

WOMEN'S SHORT-SLEEVE
RUNNING BRA TOP



Sizes 2XS to XL

Fully customizable

Very fitted cut

Recycled polyester, bi-stretch interlock with
compression and UV 50+ protection

Raw-edge finish on sleeves

Bottom hem finished with silicone interior

Neckline binding and coordinated flatlock seams



JENN

MEN'S ATHLETICS SUIT

PERFORMANCE

JENN

MEN'S ATHLETICS SUIT



Sizes 2XS to XL

Very fitted cut

Customizable torso in smooth bi-stretch interlock

Raw-edge finish on sleeve and thigh hems

Neckline binding

30 cm self-locking zipper

Compressible shorts in bi-stretch interlock with customizable side panels and silicone



CARMEN

WOMEN'S RUNNING SUIT

PERFORMANCE

CARMEN

WOMEN'S RUNNING SUIT



Sizes 2XS to XL

Very fitted cut

Customizable torso in smooth bi-stretch interlock

Raw-edge finish on sleeve hems

Neckline binding

20 cm self-locking front zipper

Flat seam assembly to avoid any friction

Opaque stretch mesh panties with ruffled trim and small crotch lining



NOE
UNISEX RUNNING VEST

PERFORMANCE

NOE
UNISEX RUNNING VEST



Sizes XS to 2XL

Fully customizable

Regular fit

Combination of 2 fabrics: ultra-light microfibre windproof with DWR treatment + stretch breathable mesh on the sides

Armholes with reflective binding

Ribbed finishing on side hems and collar

Full-length self-locking zipper with protective collar flap

Invisible zip pocket on the right side



KAMAL

UNISEX RUNNING WINDJACKET

PERFORMANCE

KAMAL

UNISEX RUNNING WINDJACKET



Sizes XS to 2XL

Fully customizable

Regular fit

Combination of 2 fabrics: ultra-light microfibre windproof with DWR treatment + stretch breathable mesh on the sides

Cuffs with reflective binding and black thumbholes

Ribbed finishing on side hems and collar (or reflective binding for the hood)

Full-length self-locking zipper

Invisible zip pocket on the right side

Available with or without hood



BERYL

MEN'S SHORT RUNNING SHORTS

PERFORMANCE

BERYL

MEN'S SHORT RUNNING SHORTS



Sizes XS to XL

Solid microfiber base

Split sides, customizable in lightweight 100% micro-ventilated polyester mesh

Elastic waistband with adjustable internal drawcord

2 side pockets and 1 rear zip pocket with YKK Flatknit® zipper

Built-in liner

Inseam length (M) = 5 cm



JULIE

WOMEN'S SHORT RUNNING SHORTS

PERFORMANCE

JULIE

WOMEN'S SHORT RUNNING SHORTS



Sizes 2XS to XL

Solid microfiber base

Split sides, customizable in lightweight 100% micro-ventilated polyester mesh

Elastic waistband with adjustable internal drawcord

2 side pockets and 1 rear zip pocket with YKK Flatknit® zipper

Built-in shorty liner

Inseam length (M) = 5 cm



TOMAS

UNISEX RUNNING SHORTY

PERFORMANCE

TOMAS

UNISEX RUNNING SHORTY



Sizes XS to XL

Shorty made with 2 fabrics in bi-stretch interlock with compression, customizable side panels with silicone

Raw-edge finish on thigh hems

Flatlock seam construction

Elastic waistband with adjustable internal drawcord

1 rear zip pocket with YKK Flatknit® zipper

Inseam length (M) = 18 cm

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l'esprit club

PERFORMANCE

PETER
UNISEX RUNNING TIGHTS

PERFORMANCE



PETER
UNISEX RUNNING TIGHTS



Sizes XS to XL

Tights made with 2 fabrics in bi-stretch interlock with compression, customizable side panels with silicone

Raw-edge finish on thigh hems

Flatlock seam construction

Elastic waistband with adjustable internal drawcord

1 rear zip pocket with YKK Flatknit® zipper

Inseam length (M) = 25 cm



GABRIEL

UNISEX RUNNING LEGGINGS

PERFORMANCE

GABRIEL

UNISEX RUNNING LEGGINGS



Sizes XS to XL

Leggings with a solid base in abrasion-resistant brushed technical knit

Customizable side panels

Ergonomic black ventilated cut behind the knee

Flatlock seam construction

Elastic waistband with adjustable internal drawcord

1 rear zip pocket with YKK Flatknit® zipper

Ankle hems with raw-edge finish and bottom leg zippers

POLI
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POLI

TRAIL

DURABLE AND FUNCTIONAL, DESIGNED FOR INTENSITY
AND ULTRA-DISTANCE

A robust and functional range, designed for intense activity and long distances.

Durable fabrics, ergonomic cuts, and technical details (pockets, ventilation, support) provide reliable gear in all conditions.

Ideal for clubs or events involved in trail running or ultra-endurance.

POLI



TRAIL



GUADA

MEN'S TRAIL SHORT-SLEEVE
JERSEY

TRAIL

GUADA

MEN'S TRAIL SHORT-SLEEVE
JERSEY



Sizes XS to 2XL

Fully customizable

Regular fit

Combination of 2 lightweight, abrasion-resistant fabrics

30 cm self-locking zipper

Reflective transfers on the back

Pocket options: 2 side pockets + 1 invisible zip pocket on the right side

Shoulder option: silicone grip on shoulders



TRAIL



TIM
MEN'S TRAIL SINGLET

TRAIL

TIM
MEN'S TRAIL SINGLET



Sizes XS to 2XL

Fully customizable

Regular fit

Combination of 2 lightweight, abrasion-resistant fabrics

30 cm self-locking zipper

Reflective transfers on the back

Pocket options: 2 side pockets + 1 invisible zip pocket on the right side

Shoulder option: silicone grip on shoulders



TRAIL



LYNN

WOMEN'S TRAIL SHORT-SLEEVE
JERSEY

TRAIL

LYNN

WOMEN'S TRAIL SHORT-SLEEVE
JERSEY



Sizes 2XS to 2XL

Fully customizable

Regular fit

Combination of 2 lightweight, abrasion-resistant fabrics

20 cm self-locking zipper

Reflective transfers on the back

Pocket options: 2 side pockets + 1 invisible zip pocket on the right side

Shoulder option: silicone grip on shoulders



TRAIL



GUADA

MEN'S TRAIL LONG-SLEEVE
JERSEY

TRAIL

GUADA

MEN'S TRAIL LONG-SLEEVE
JERSEY



Sizes XS to 2XL

Fully customizable

Regular fit

Combination of 2 lightweight, abrasion-resistant fabrics

30 cm self-locking zipper

Reflective transfers on the back

Pocket options: 2 side pockets + 1 invisible zip pocket on the right side

Shoulder option: silicone grip on shoulders



TRAIL



LYNN

WOMEN'S TRAIL LONG-SLEEVE
JERSEY

TRAIL

LYNN

WOMEN'S TRAIL LONG-SLEEVE
JERSEY



Sizes 2XS to 2XL

Fully customizable

Regular fit

Combination of 2 lightweight, abrasion-resistant fabrics

20 cm self-locking zipper

Reflective transfers on the back

Pocket options: 2 side pockets + 1 invisible zip pocket on the right side

Shoulder option: silicone grip on shoulders



TRAIL



ULTIM

UNISEX TRAIL JACKET

TRAIL

ULTIM

UNISEX TRAIL JACKET



Sizes XS to 2XL

Fully customizable

Regular fit

3-layer construction with membrane insert – extremely lightweight, water-repellent, windproof, and breathable + sealed seams

Pre-shaped sleeves with thumbholes and cuffs with reflective binding

Full-length self-locking zipper with placket

Invisible zip pocket on the right side

Bottom hem finished with elastic cord and cord lock

Reflective transfers on the back

Option: adjustable hood or hoodless

Collar with reflective binding for hoodless option



TRAIL



CAIRN

MEN'S 2-IN-1 TRAIL SHORTS

TRAIL

CAIRN

MEN'S 2-IN-1 TRAIL SHORTS



Sizes XS to 2XL

Loose fit with integrated fitted inner shorts

Lightweight solid base 115 g/m², durable

Integrated inner shorts, lightweight solid 115 g/m² with silicone thigh bands

Customizable sides, thigh bands, and waistband

POLI Trail BELT waistband: 3 large front pockets in bi-stretch mesh with pull tabs for easy access + 1 invisible zip pocket
12 cm at the back + optional trekking pole loops

Elastic waistband with external drawcord

Reflective transfers on the back

Inseam length: 19 cm



TRAIL



VIOLETTE

WOMEN'S 2-IN-1 TRAIL SHORTS

TRAIL

VIOLETTE

WOMEN'S 2-IN-1 TRAIL SHORTS



Sizes 2XS to XL

Shorts with integrated fitted inner shorts

Lightweight solid base 115 g/m², durable

Coordinated inner shorts, lightweight solid 115 g/m² with silicone thigh bands

Customizable sides, thigh bands, and waistband

POLI Trail BELT waistband: 3 large front pockets in bi-stretch mesh with pull tabs for easy access + 1 invisible zip pocket
12 cm at the back + optional trekking pole loops

Elastic waistband with external drawcord

Reflective transfers on the back



TRAIL



DUNA

WOMEN'S 2-IN-1 TRAIL SKIRT

TRAIL

DUNA

WOMEN'S 2-IN-1 TRAIL SKIRT



Sizes 2XS to XL

Straight women's skirt with integrated fitted inner shorts

Lightweight solid base 115 g/m², durable

Inner shorts constructed with flatlock seams

Customizable sides, thigh bands, and waistband

POLI Trail BELT waistband: 3 large front pockets in bi-stretch mesh with pull tabs for easy access + 1 invisible zip pocket
12 cm at the back + optional trekking pole loops

Elastic waistband with external drawcord

Reflective transfers on the back



TRAIL



KASH
UNISEX TRAIL TIGHTS

TRAIL

KASH
UNISEX TRAIL TIGHTS



Sizes XS to XL

Fitted cut

Solid base in recycled polyamide 175 g/m², abrasion-resistant and breathable

Thigh bands with silicone

Customizable sides, thigh bands, and waistband

POLI Trail BELT waistband: 3 large front pockets in bi-stretch mesh with pull tabs for easy access + 1 invisible zip pocket
12 cm at the back + optional trekking pole loops

Elastic waistband with external drawcord

Reflective transfers on the back

Inseam length (M) = 24 cm



TRAIL



WADI
UNISEX TRAIL SHORTY



TRAIL

WADI
UNISEX TRAIL SHORTY



Sizes 2XS to XL

Fitted cut

Solid base in recycled polyamide 175 g/m², abrasion-resistant and breathable

Thigh bands with silicone

Customizable sides, thigh bands, and waistband

POLI Trail BELT waistband: 3 large front pockets in bi-stretch mesh with pull tabs for easy access + 1 invisible zip pocket
12 cm at the back + optional trekking pole loops

Elastic waistband with external drawcord

Reflective transfers on the back

Inseam length (M) = 17 cm



TRAIL



PEAK

UNISEX TRAIL CORSAIR TIGHTS

TRAIL

PEAK

UNISEX TRAIL CORSAIR TIGHTS



Sizes XS to XL

Fitted cut

Solid base in recycled polyamide 175 g/m², abrasion-resistant and breathable

Ergonomic black ventilated cut behind the knee

Raw-edge finish on calves

Customizable sides and waistband

POLI Trail BELT waistband: 3 large front pockets in bi-stretch mesh with pull tabs for easy access + 1 invisible zip pocket
12 cm at the back + optional trekking pole loops

Elastic waistband with external drawcord

Reflective transfers on the back



TRAIL



THALIA

UNISEX TRAIL LEGGINGS

TRAIL

THALIA

UNISEX TRAIL LEGGINGS



Sizes XS to XL

Fitted cut

Solid base in abrasion-resistant brushed technical knit

Ergonomic black ventilated cut behind the knee

Raw-edge finish on ankles with 15 cm bottom leg zippers

Customizable sides and waistband

POLI Trail BELT waistband: 3 large front pockets in bi-stretch mesh with pull tabs for easy access + 1 invisible zip pocket
12 cm at the back + optional trekking pole loops

Elastic waistband with external drawcord

Reflective transfers on the back

ACCESSORIES

PRACTICAL AND CUSTOMIZABLE TO COMPLETE
ALL YOUR OUTFITS

A complete range of accessories designed to complement your sports gear and reinforce your club identity.

Beanies, caps, arm warmers, socks, or neck gaiters: useful, comfortable, and easy-to-customize products to harmonize your outfits in any season.

Ideal for completing your collection and showcasing your colors down to the smallest detail.

ACCESSORIES



VISOR

UNISEX VISOR



Adult size: 50/55 cm head circumference

Junior size: 45/50 cm head circumference

Fully customizable

Protects face and eyes

Integrated sweatband

Elasticated back band - Good support



ACCESSORIES



CASQTRUN

UNISEX RUNNING CAP



One size

Fully customizable in your colors

Unisex running cap with soft visor

5-panel fitted cut

Dual fabric: ultra-lightweight and durable main material
+ micro-ventilated mesh on the sides

Rear drawcord



ACCESSORIES



EVER

UNISEX HEADBANDT



One size

Fully customizable

Raw-edged finish to prevent marks on the forehead

Stretch thermal knit embossed with the exclusive POLI pattern



ACCESSORIES



EVEREST

UNISEX BEANIE



One size

Fully customizable

Flat seams for added comfort under a cycling helmet.

Exclusive POLI embossed knit, very pleasant to the touch, covering and breathable - 260g with DWR treatment

Raw-edged finishes

No discomfort under the helmet



ACCESSORIES



NEXT

UNISEX HAT / HEADBAND



ACCESSORIES



HAROLD

UNISEX TUBULAR



One size

Customizable on the headband

Warm and fleecy materials inside, very pleasant on the skin, covering and breathable - 260g

Finished on the headband in lycra bias

Plain base and lycra bias with choice of colors

Drawstring



One size

Fully customizable

MULTIFUNCTIONAL TUBULAR

2 versions: summer or winter

ACCESSORIES



MARIANNE

PAIR OF SOCKS



35/38 - 39/42 - 43/46

High stem cut with raw edge

Personalized upper by sublimation

Silicone feet inside the upper for better support

2 foot colors available: white and black

Comfortable and durable

Ventilated mesh for optimal foot thermoregulation

ACCESSORIES



CODY

PAIR OF ARM WARMERS



XS/S to 3XL/4XL

Fully customizable

Ideal for sporting events

Very comfortable 190g mesh

UV protection

Options: Non-slip silicone finish on the biceps or single hem finish

ACCESSORIES



BELTY

MULTI-COMPARTMENT TRAIL BELT



Fully customizable

4 pockets including 2 large pockets

2 medium compartments (right-left sides) for small items

2 large compartments (front-back) for bigger items

2 diagonal straps with silicone grip for trekking poles

Elastic straps at the back to hold poles

Flexible dividers in the middle of each compartment allow the pockets to be separated easily for quicker access to their contents.

Belt height: 13 cm



ACCESSORIES



BORSA

MULTISPORT DRAWSTRING BAG



Customizable on the front

Plain black on the back

Practical and durable for carrying sports shoes

Drawstrings to carry it like a backpack

Drawstring closure

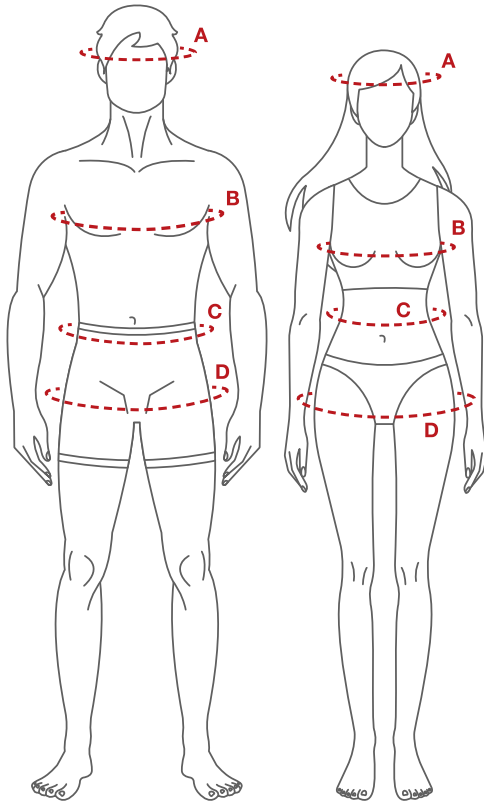
Dimensions: 42 cm x 28 cm






SIZE GUIDES

MEN & WOMEN



	(B) CHEST	(C) SIZE	(D) PELVIS	(A) HEAD CIRCUMFERENCE
2XS	< 80	< 65	< 85	
XS	80-85	65-72	85-89	
S	86-91	73-79	90-94	
M	92-97	80-86	95-99	
L	98-103	87-93	100-104	
XL	104-109	94-100	105-109	
2XL	110-115	101-107	110-114	
3XL	116-121	108-114	115-119	
4XL	> 122	> 115	> 120	
AD				54/59

 All measurements are in cm.

 TAKE YOUR MEASUREMENT 

Measure using a tape measure, it should always be parallel to the floor. Stand straight, breathe normally and keep your feet in line with your pelvis.

(B) CHEST: at the fullest point of the chest, passing through the tip of the breasts

(C) SIZE: at the hollow of the waist

(D) PELVIS: at the widest point of your pelvis

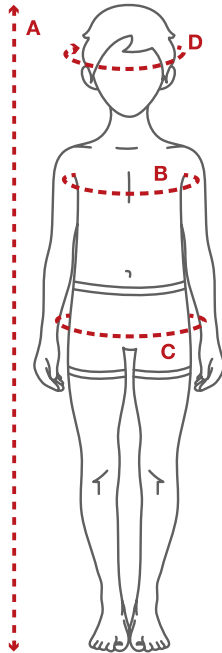
For tops, choose the chest and waist measurements.

For stockings and jumpsuits, choose waist and pelvis measurements.



SIZE GUIDES

CHILDREN



	(A) HEIGHT	(C) CHEST	(D) PELVIS	(B) HEAD CIRCUMFERENCE
6Y	< 120	< 62	< 68	
8Y	120-132	62-67	68-72	
10Y	133-144	68-71	73-76	
12Y	145-153	72-76	77-80	
14Y	154-160	77-80	81-84	
JR				49/54

 All measurements are in cm.

TAKE YOUR MEASUREMENT

Measure using a tape measure, it should always be parallel to the floor. Stand straight, breathe normally and keep your feet in line with your pelvis.

(A) HEIGHT : height from head to toe

(B) CHEST : at the fullest point of the chest, passing through the tip of the breasts

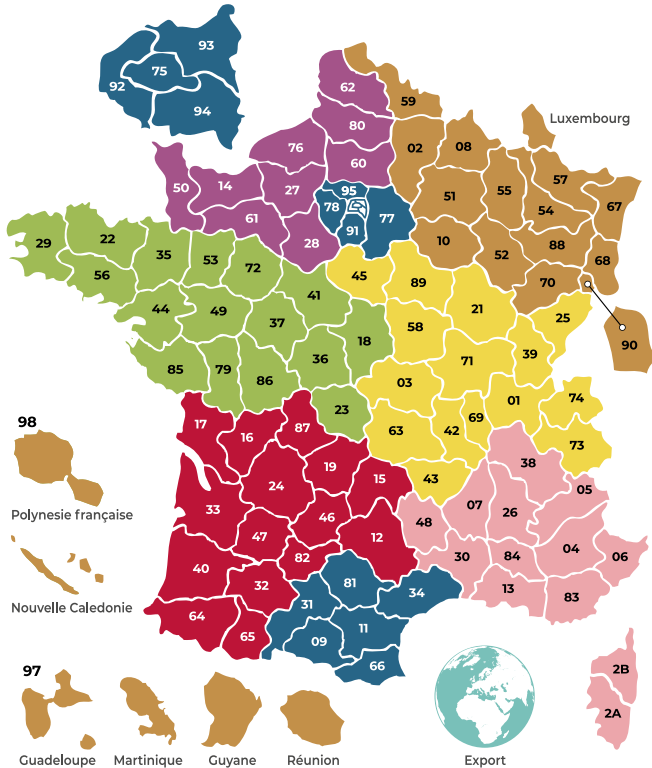
(C) PELVIS: at the widest point of your pelvis

For tops, choose the chest and waist measurements.

For stockings and jumpsuits, choose waist and pelvis measurements.



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