

lava**core**

sizing chart

Men's

	Height	Weight	Chest	Waist	Hips	Inseam
	ft./in.	lbs.	in.	in.	in.	in.
	cm.	kg.	cm.	cm.	cm.	cm.
Small	5'6" - 5'9"	135 - 155	34 - 37	28 - 31	34 - 37	27 - 29
	167 - 175	61 - 70	86 - 94	70 - 78	86 - 94	68 - 73
Medium	5'7" - 5'11"	150 - 175	37 - 39	29 - 33	35 - 39	28 - 30
	170 - 180	68 - 80	94 - 99	73 - 83	89 - 99	71 - 76
ML	5'10" - 6'	170 - 195	38 - 42	32 - 36	38 - 42	29 - 31
	177 - 183	77 - 89	96 - 106	81 - 91	96 - 106	73 - 79
Large	6' - 6'2"	185 - 210	40 - 44	34 - 37	40 - 44	30 - 32
	183 - 188	84 - 96	101 - 111	86 - 94	101 - 111	76 - 81
XL	6'2" - 6'4"	210 - 240	42 - 46	37 - 40	43 - 47	31 - 33
	187 - 193	96 - 109	106 - 116	94 - 101	109 - 119	74 - 84
XXL	6'3" - 6'5"	235 - 265	44 - 48	39 - 43	45 - 49	32 - 34
	190 - 196	107 - 121	111 - 121	98 - 109	114 - 124	81 - 86

Women's

		Height	Weight	Bust	Waist	Hips	Inseam
	Dress Size	ft./in.	lbs.	in.	in.	in.	in.
		cm.	kg.	cm.	cm.	cm.	cm.
XS	8	5'1" - 5'3"	70 - 95	30 - 33	22 - 25	31 - 35	26 - 28
		154 - 160	30 - 43	76 - 83	56 - 63	79 - 89	66 - 71
Small	10	5'2" - 5'5"	90 - 115	32 - 35	23 - 26	33 - 37	27 - 29
		157 - 165	41 - 52	81 - 88	59 - 66	84 - 93	68 - 73
Medium	12	5'4" - 5'8"	110 - 135	34 - 37	25 - 28	35 - 39	28 - 30
		165 - 172	49 - 61	86 - 94	63 - 71	89 - 99	71 - 75
ML	14	5'7" - 5'10"	130 - 155	36 - 39	27 - 30	37 - 41	29 - 31
		169 - 177	59 - 70	91 - 99	68 - 75	94 - 104	73 - 78
Large	16	5'8" - 5'11"	145 - 170	38 - 41	28 - 32	38 - 42	30 - 32
		172 - 180	66 - 78	96 - 104	71 - 81	96 - 106	76 - 81
XL	18	5'9" - 6'	160 - 185	40 - 43	29 - 34	39 - 44	31 - 33
		175 - 182	72 - 84	101 - 109	73 - 86	99 - 111	79 - 84