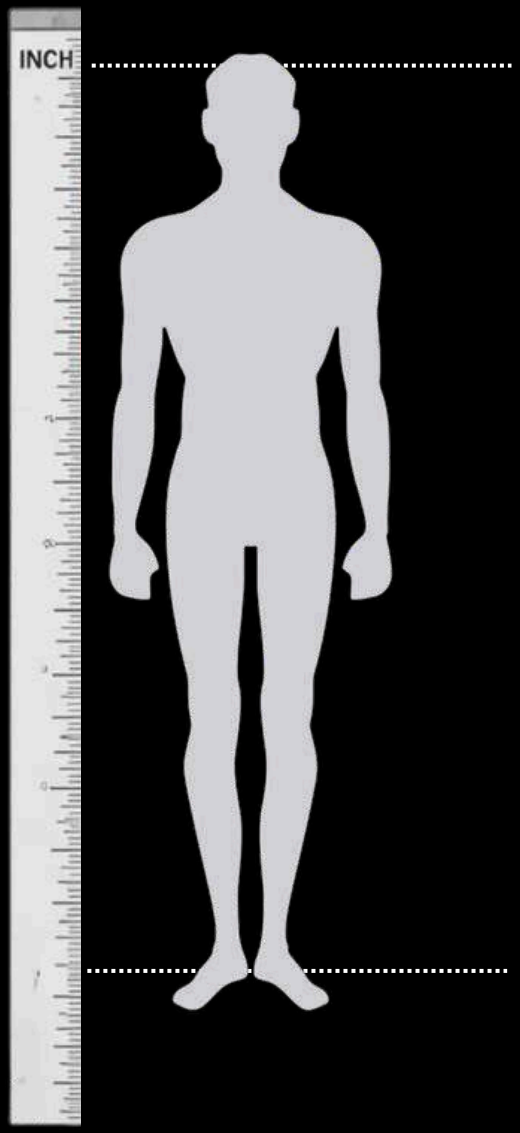
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TRANEMO

STØRRELSESGUIDE FOR ARBEIDSKLÆR FOR MENN OG KVINNER





SLIK MÅLER DU KROPPEN

01 **Bryst:** Rundt bredeste punkt

02 **Midje:** Rundt midjen

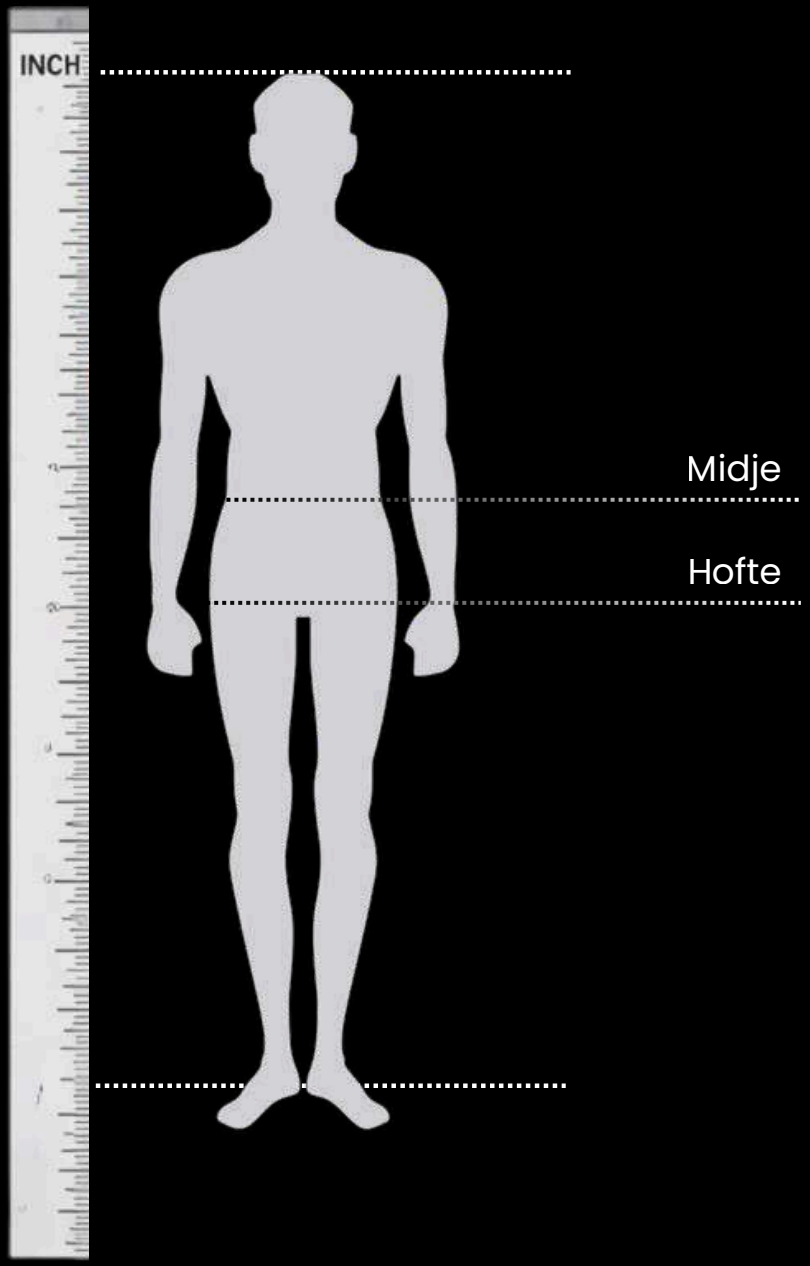
03 **Hofte:** Rundt bredeste punkt

04 **Innerben:** Fra skritt til gulv

05 **Skulder + erme:** Fra skulder til håndledd

Tranemo anbefaler:

- Bruk primært midje + innerben ved valg av bukser
- Bruk primært brystmål ved valg av jakker og overdeler
- Mål direkte på undertøy – bevegelsesrom er allerede inkludert i plaggene



HERRE/ DAME – C STØRRELSE

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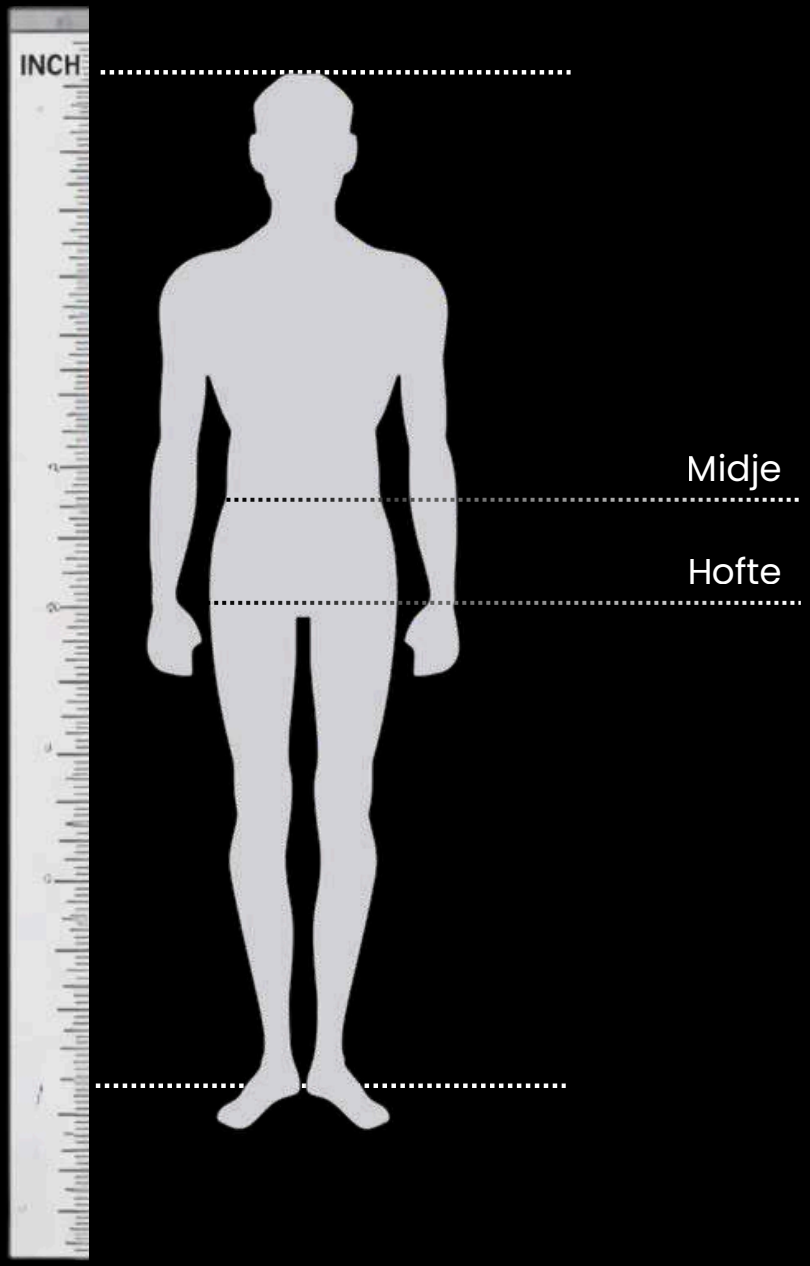
Normal midje og normal benlengde- ***HERRE***

STØRRELSE	MIDJE (CM)	HOFTE (CM)	INNERBEN (CM)
44	74–78	94	79
46	78–82	98	80
48	82–86	102	81
50	86–90	106	82
52	90–94	110	83
54	94–99	114	84
56	99–104	118	85
58	104–110	122	85
60	110–116	126	85
62	116–122	130	85
64	122–128	134	85

zeproc

Normal midje og normal benlengde- ***DAME***

EU STØRRELSE	HOFTE (CM)	MIDJE (CM)	INNERBEN (CM)
34	90–93	71–74	78
36	93–96	74–77	78
38	96–99	77–80	78
40	99–102	80–84	78
42	102–106	84–88	78
44	106–110	88–92	78
46	110–115	92–96	78
48	115–120	96–101	78



HERRE/ DAME – C STØRRELSE T

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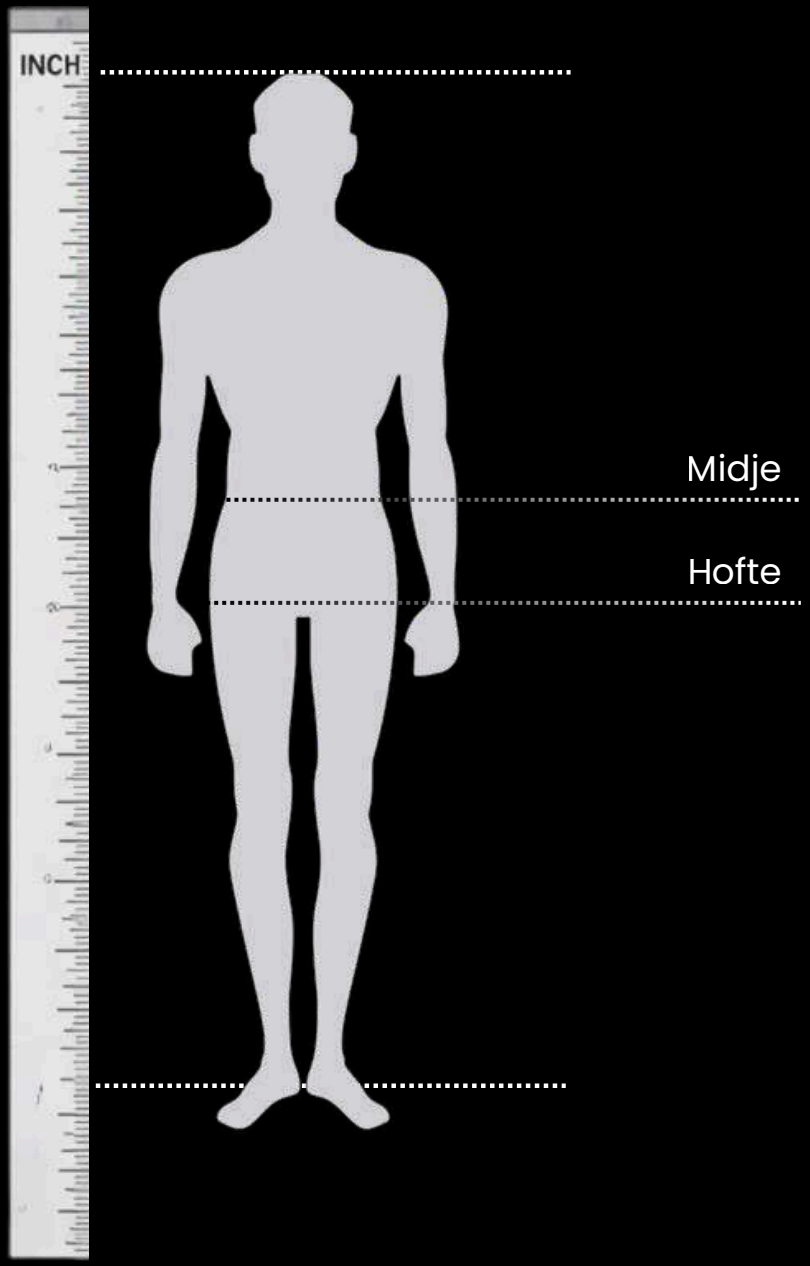
Normal midje og normal benlengde- ***HERRE***

STØRRELSE	MIDJE (CM)	HOFTE (CM)	INNERBEN (CM)
146	78–82	98	85
148	82–86	102	86
150	86–90	106	87
152	90–94	110	88
154	94–99	114	89
156	99–104	118	90

zeproc

Lengre benlengde- ***DAME***

EU STØRRELSE	HOFTE (CM)	MIDJE (CM)	INNERBEN (CM)
34T	90–93	71–74	82
36T	93–96	74–77	82
38T	96–99	77–80	82
40T	99–102	80–84	82
42T	102–106	84–88	82
44T	106–110	88–92	82
46T	110–115	92–96	82
48T	115–120	96–101	82

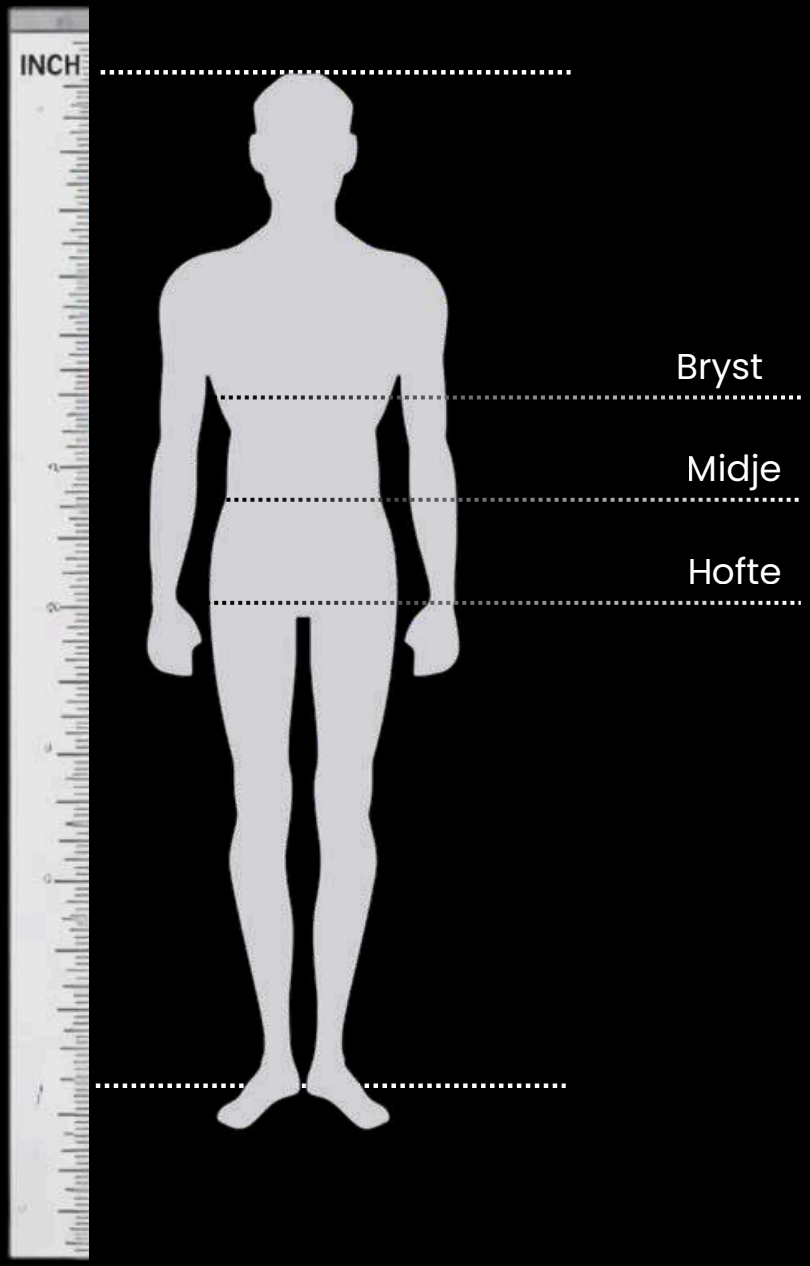


HERRE – D STØRRELSE

zeproc

Større midje og kortere benlengde

STØRRELSE	MIDJE (CM)	HOFTE (CM)	INNERBEN (CM)
80	72–76	90	78
84	76–80	93	78
88	80–84	96	78
92	84–88	100	78
96	88–92	104	78
100	92–96	108	78
104	96–100	112	79
108	100–105	116	80
112	105–110	120	81
116	110–116	124	81
120	116–122	128	81



HERRE/ DAME – OVERDELER / JAKKER

zeproc

HERRE

STØRRELSE	BRYST (CM)	HOFTE (CM)	SKULDER + ERME
XXS	78–86	86–92	73–76
XS	84–92	90–96	75–77
S	90–98	94–100	77–80
M	96–104	98–106	80–82
L	102–110	104–112	81–84
XL	108–116	110–118	83–85
XXL	114–122	116–124	84–87
3XL	116–128	122–130	86–88
4XL	126–134	128–136	87–90

zeproc

DAME

STØRRELSE	BRYST (CM)	HOFTE (CM)	MIDJE (CM)	SKULDER + ERME
S	82–88	92–98	70–80	71–73
M	88–94	96–103	74–84	73–75
L	94–100	101–108	80–90	74–76
XL	100–107	106–114	85–95	76–78
XXL	107–116	113–121	92–102	77–79

VIKTIG INFORMASJON

- Tranemo anbefaler å bruke kroppsmål fremfor vanlige konfeksjonsstørrelser
- Arbeidstøy er designet med ekstra bevegelsesrom
- Velg størrelse basert på største kroppsmål
- T-modeller = lengre ben
- D-modeller = kortere ben og større midje

KILDE

- Tranemo Workwear offisiell størrelsestabell

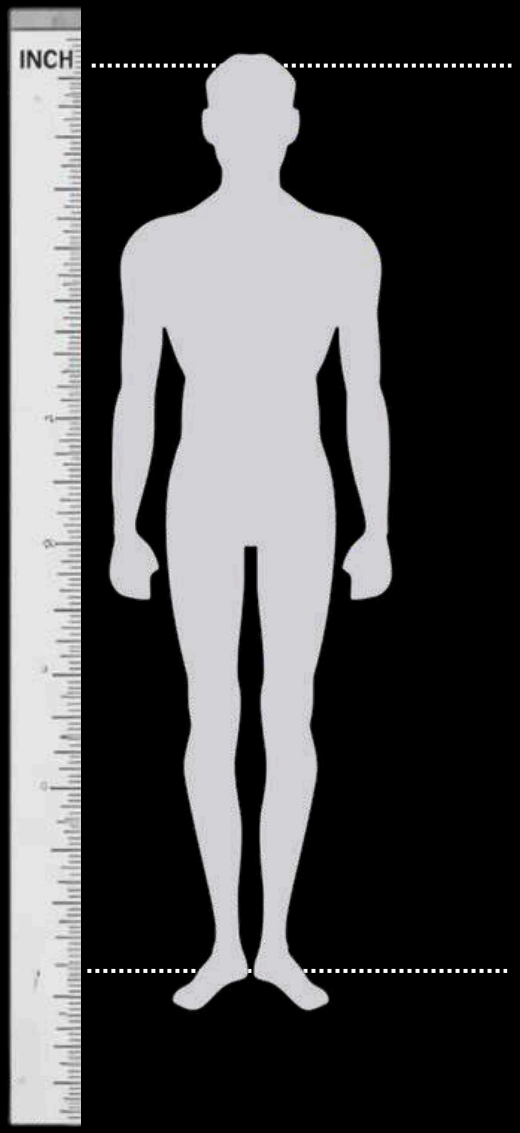
https://www.tranemoworkwear.co.uk/size-table

zeproc

TRANEMO

SIZE GUIDE FOR MENS & WOMENS WORKWEAR





HOW TO MEASURE

01 **Chest**: Around fullest part

02 **Waist**: Around waistline

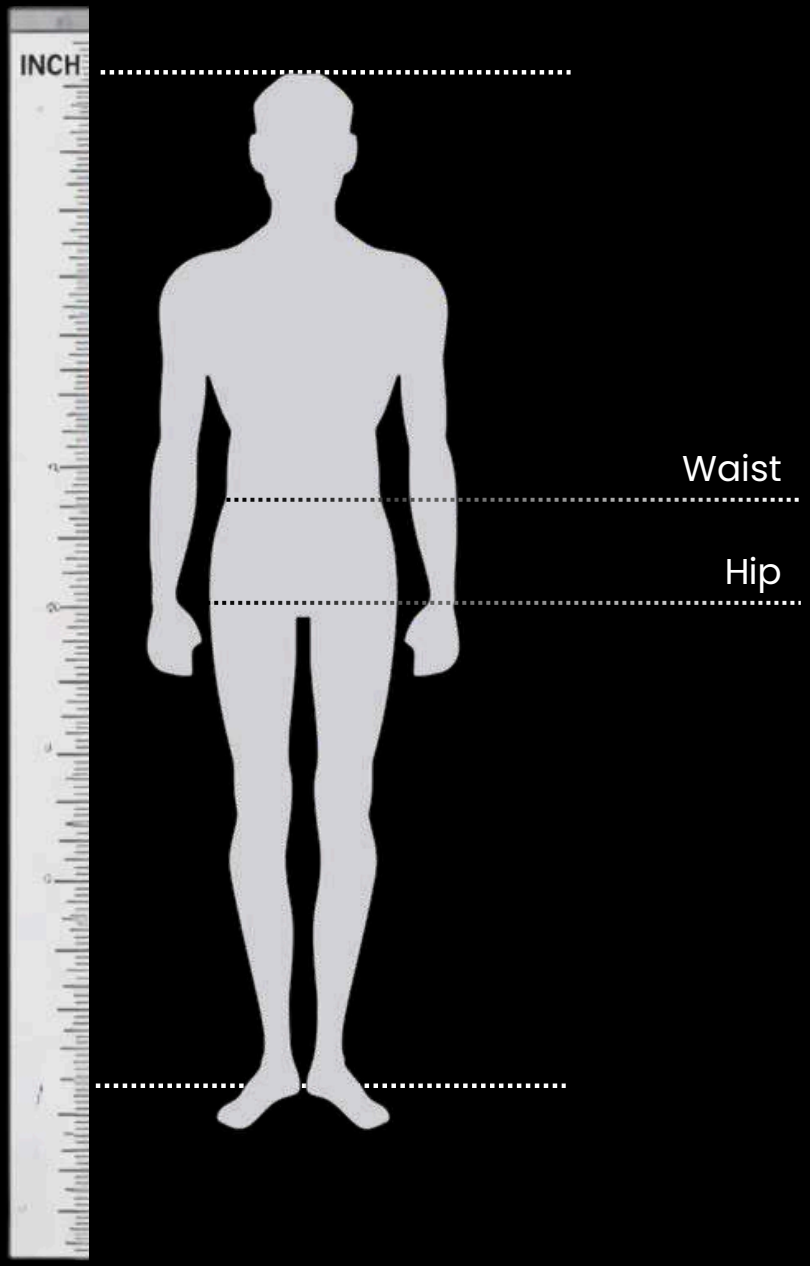
03 **Hip**: Around widest part

04 **Inside leg:** From crotch to floor

05 **Shoulder + sleeve:** From shoulder to wrist

Tranemo recommends:

- Use primarily waist + inseam measurements for trousers
- Use primarily chest measurements for jackets and tops
- Measure directly on underwear; movement allowance is already built into garments



MEN/ WOMEN'S – C SIZE

zeproc

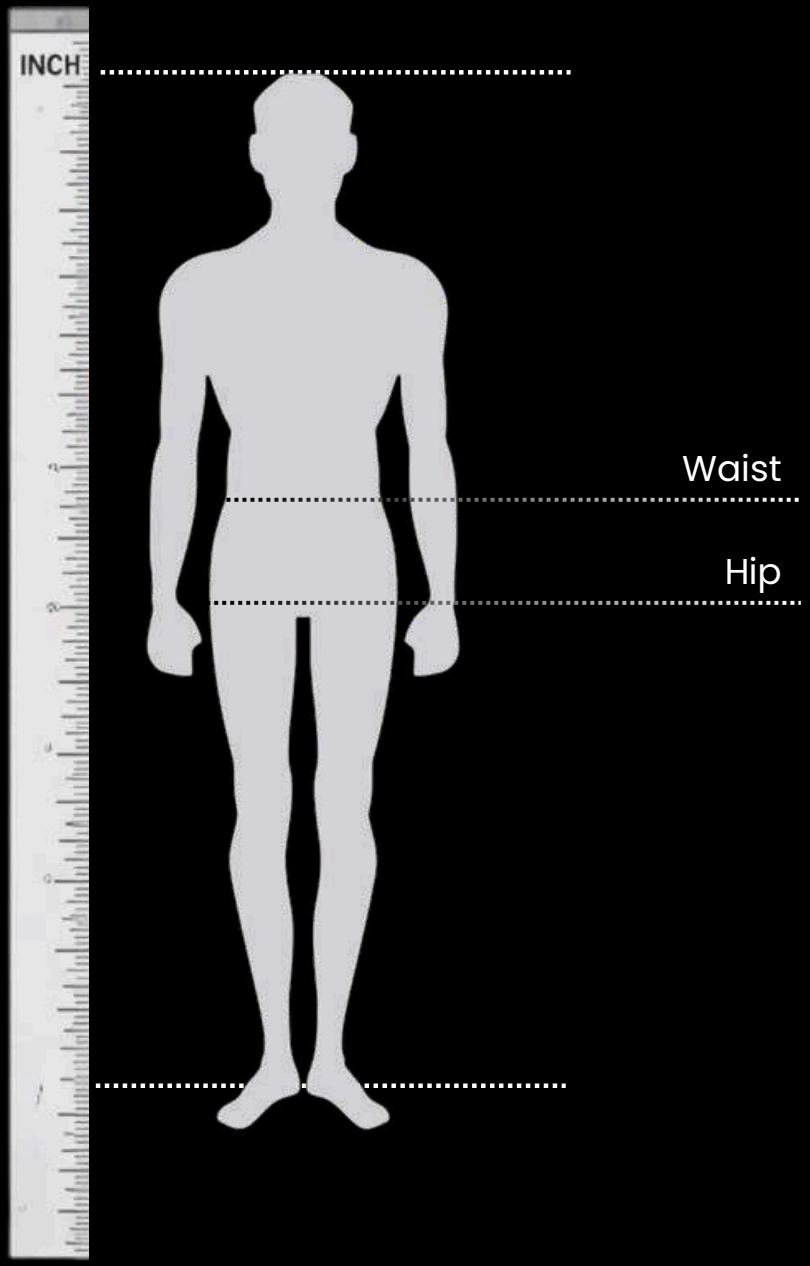
Regular waist and regular leg length- ***MENS***

SIZE	WAIST (CM)	HIP (CM)	INSEAM (CM)
44	74–78	94	79
46	78–82	98	80
48	82–86	102	81
50	86–90	106	82
52	90–94	110	83
54	94–99	114	84
56	99–104	118	85
58	104–110	122	85
60	110–116	126	85
62	116–122	130	85
64	122–128	134	85

zeproc

Regular waist and regular leg length- ***WOMENS***

EU SIZE	HIP (CM)	WAIST (CM)	INSEAM (CM)
34	90–93	71–74	78
36	93–96	74–77	78
38	96–99	77–80	78
40	99–102	80–84	78
42	102–106	84–88	78
44	106–110	88–92	78
46	110–115	92–96	78
48	115–120	96–101	78



MENS/ WOMEN'S – C SIZE T

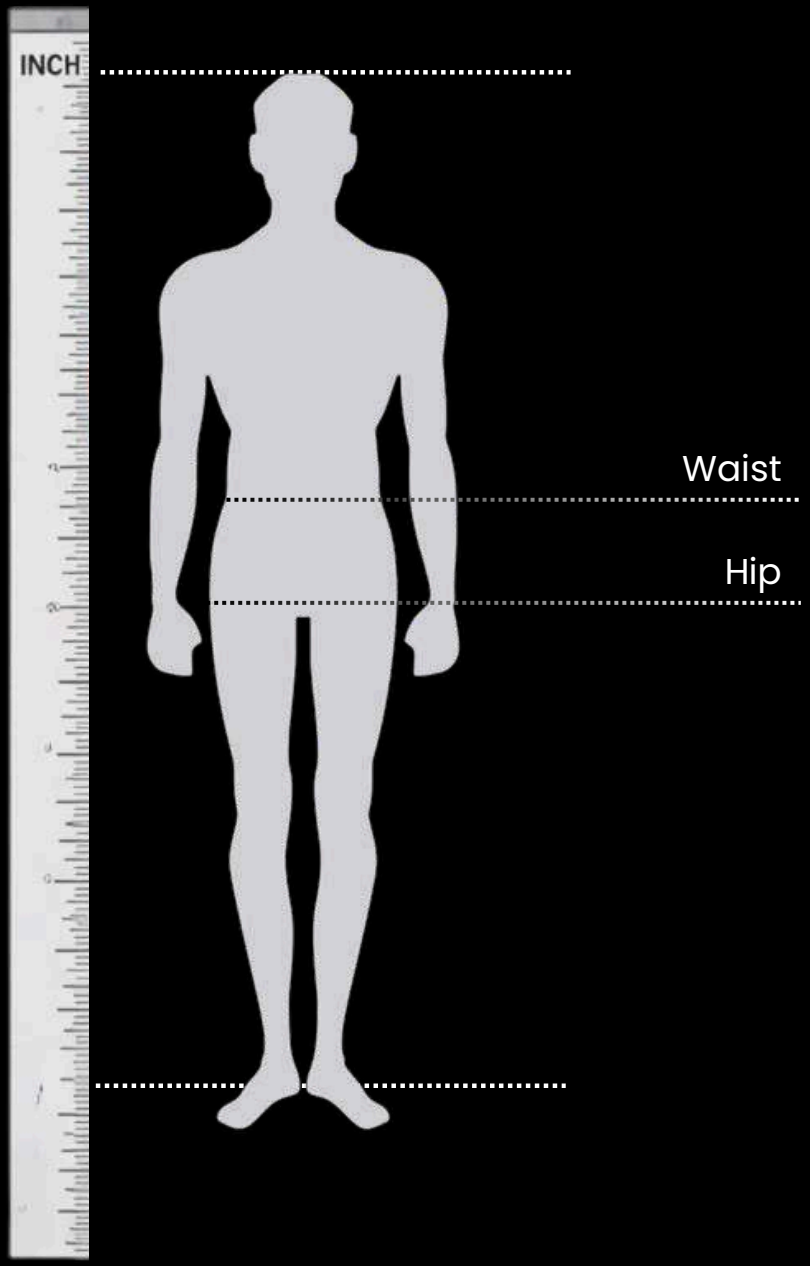
Regular waist and longer leg length- ***MENS***

SIZE	WAIST (CM)	HIP (CM)	INSEAM (CM)
146	78–82	98	85
148	82–86	102	86
150	86–90	106	87
152	90–94	110	88
154	94–99	114	89
156	99–104	118	90

zeproc

Longer leg length- ***WOMENS***

EU SIZE	HIP (CM)	WAIST (CM)	INSEAM (CM)
34T	90–93	71–74	82
36T	93–96	74–77	82
38T	96–99	77–80	82
40T	99–102	80–84	82
42T	102–106	84–88	82
44T	106–110	88–92	82
46T	110–115	92–96	82
48T	115–120	96–101	82

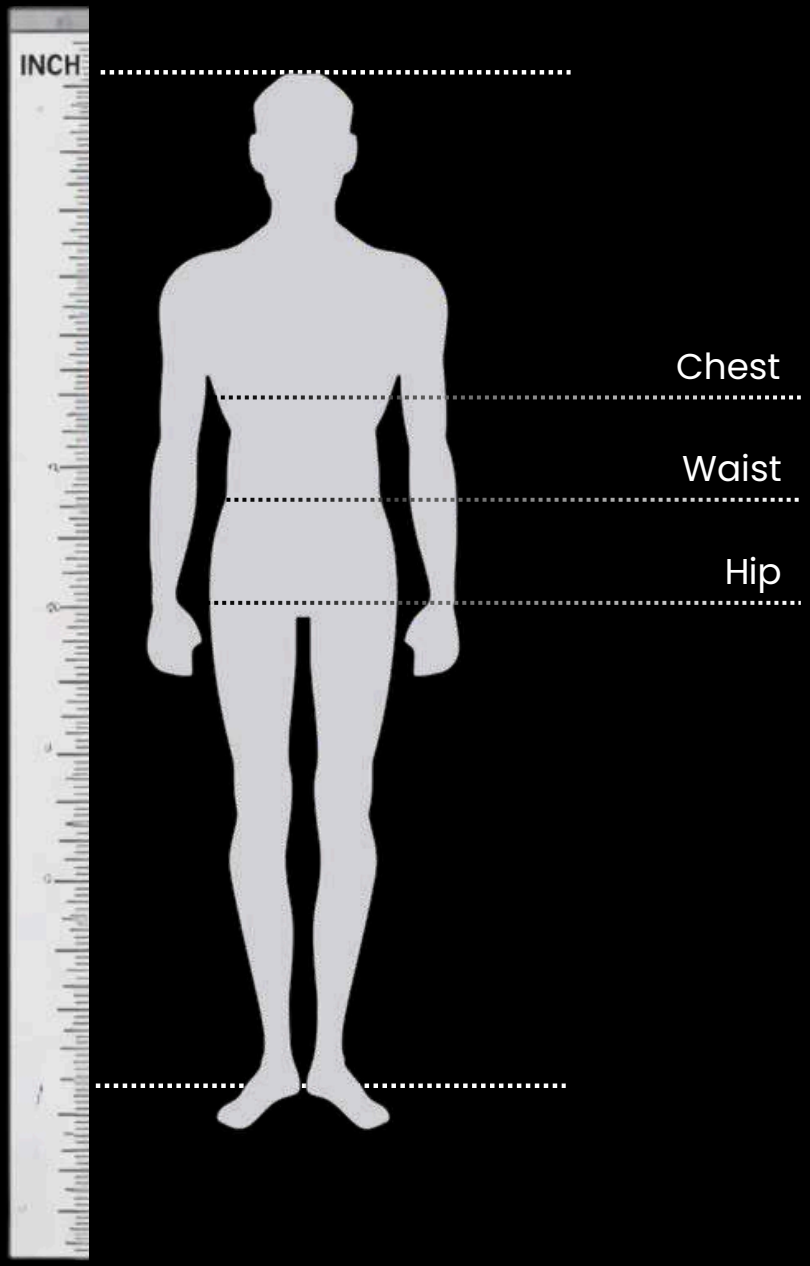


MENS – D SIZE

zeproc

Larger waist and shorter leg length

SIZE	WAIST (CM)	HIP (CM)	INSEAM (CM)
80	72–76	90	78
84	76–80	93	78
88	80–84	96	78
92	84–88	100	78
96	88–92	104	78
100	92–96	108	78
104	96–100	112	79
108	100–105	116	80
112	105–110	120	81
116	110–116	124	81
120	116–122	128	81



MENS/ WOMEN'S – JACKETS / TOPS

zeproc

MENS

SIZE	CHEST (CM)	HIP (CM)	SHOULDER + SLEEVE
XXS	78–86	86–92	73–76
XS	84–92	90–96	75–77
S	90–98	94–100	77–80
M	96–104	98–106	80–82
L	102–110	104–112	81–84
XL	108–116	110–118	83–85
XXL	114–122	116–124	84–87
3XL	116–128	122–130	86–88
4XL	126–134	128–136	87–90

zeproc

WOMENS

SIZE	CHEST (CM)	HIP (CM)	WAIST (CM)	SHOULDER + SLEEVE
S	82–88	92–98	70–80	71–73
M	88–94	96–103	74–84	73–75
L	94–100	101–108	80–90	74–76
XL	100–107	106–114	85–95	76–78
XXL	107–116	113–121	92–102	77–79

IMPORTANT INFORMATION

- Tranemo recommends using body measurements rather than standard clothing sizes
- Workwear garments include movement allowance
- Choose size based on your largest body measurement
- T sizes = longer legs
- D sizes = shorter legs and larger waist

SOURCE

- Tranemo Workwear official size table
- https://www.tranemoworkwear.co.uk/size-table