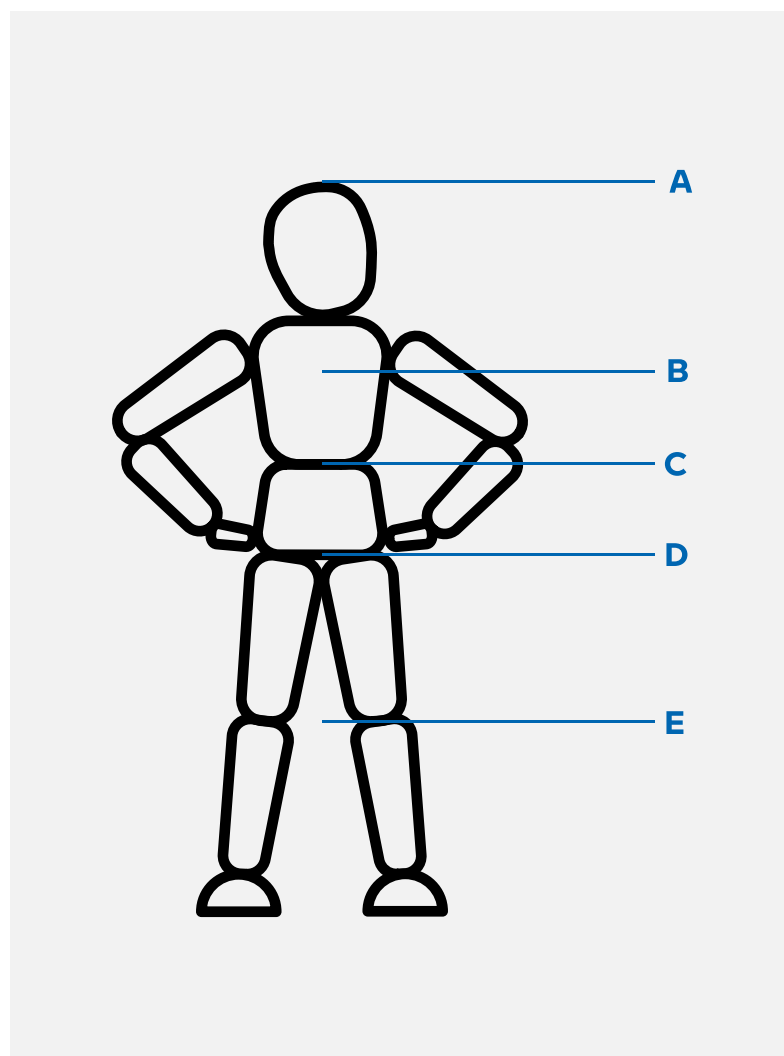# How to work out your size (Size Guide)

It is very important that the fit of your motorcycle suit is perfect. Too tight or too loose can affect your concentration and while embarking on your adventures you need minimal distraction as this could affect your safety on the road.

Jacket and trouser combinations must also sit right on your body in the riding position. The cut of the sleeves and legs should not ride up, not only is this a safety issue, but it also means you are not fully protected from the elements.

All BMW Motorrad suits are ergonomically designed with the seated position of the rider in mind. We integrate functional details for optimum comfort and breathability to make sure they are a perfect fit. We know that riders come in many different body shapes, so our suits are available in over 40 different sizes.

To find the one that is right for you, grab your tape measure and follow these simple instructions:

A
Height

Stand barefoot beside a door frame. Place a book on your head, hold it in position. Mark the position of the book on the door frame and measure from the floor.

B
Chest

Take this measurement while wearing a shirt or lightweight pullover. Pass the tape measure under your arms and measure around the broadest part of your chest and over the shoulder blades.

C
Waist

Measure around your shirt, just above the top of your trousers. Stand in a neutral position and don't hold in your stomach – that way you'll ensure the pants sit comfortably.

D
Hips

Measure around your body, at the widest point of your hips.

E
Inner leg

Measure the distance down the inside of your leg, from the crotch seam of your trousers to the sole of your foot.

For optimum accuracy it is recommended that someone else takes your measurements. This ensures that you maintain neutral positions and get the correct measurements.

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Size chart Men

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All Measurements are in the unit cm.

MEN	International sizes	Size	Height	Chest	Waist	Hips	Inner leg
Normal	XS	40	174	80	65	87	80
		42	175	84	70	90	80.5
	S	44	176	88	75	93	81
		46	177	92	80	96	81.5
	M	48	178	96	85	98	82
		50	179	100	90	101	82.5
	L	52	180	104	95	104	83
		54	181	108	100	107	83.5
	XL	56	182	112	104	110	84
		58	183	116	109	113	84.5
	2XL	60	184	120	116	116	85
		62	184	124	118	119	85
	3XL	64	184	128	123	124	84
		66	184	132	128	129	84
	4XL	68	184	136	133	134	83
		70	184	140	138	139	83
Long		98	187	100	89	102	86.5
		102	188	104	94	105	87
		106	189	108	99	108	87.5
		110	190	112	103	111	88
		114	191	116	108	114	88.5
		118	192	120	112	117	89
Short		24	170	96	86	97.5	78
		25	171	100	91	100	78.5
		26	172	104	96	103	79
		27	173	108	100	106	79.5
		28	174	112	105	109	80
		29	175	116	109	112	80.5
		30	176	120	114	115	81
		31	176	124	119	118	81
		32	176	128	124	123	80

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Size chart Women

All Measurements are in the unit cm.

WOMEN	International sizes	Size	Height	Chest	Waist	Hips	Inner leg
Normal	XS	32	168	76	62	85	78
		34	168	80	66	89	78
	S	36	168	84	70	93	78
		38	168	88	74	96	78
	M	40	168	92	78	99	78
		42	168	96	82	102	78
	L	44	168	100	87	105	78
		46	168	104	92	108	78
	XL	48	168	110	97	113	77.5
		50	168	116	104	118	77.5
	2XL	52	168	122	111	123	77
		54	168	128	118	129	77
Long		72	176	84	70	93	83
		76	176	88	74	96	83
		80	176	92	78	99	83
		84	176	96	82	102	83
		88	176	100	87	105	83
Short		17	160	80	66	89	73
		18	160	84	70	93	73
		19	160	88	74	96	73
		20	160	92	78	99	73
		21	160	96	82	102	73
		22	160	100	87	105	73

Helmet size

The helmet is the most important part of your protective gear. For optimal safety, the helmet must fit properly. The allocation of helmet sizes to international sizes may vary.

This is how you can measure your size:

1. Take your tape measure and measure your head circumference horizontally at the widest part of your head (approx. 2.5 cm above the eyebrows).

2. Choose the helmet size that is closest to your measurement. If your measurement is between two helmet sizes, try the smaller helmet size first.

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