

Size and fit guide

Men

Jersey



1

Chest

Measure the circumference of the chest at the fullest part keeping the arms down.

2

Waistline

Measure the circumference at the narrowest point of the bust.

3

Hip bone

Measure the circumference of the hips at the widest point.

Table of sizes and measurement

Measurements expressed in centimeters

Size	Height	Chest	Waist
XS	150/159	88	76
S	160/169	92	80
M	170/179	96	84
L	180/185	100	88
XL	186/190	104	92
2XL	191/195	108	96
3XL	-	112	100

Conversion of international sizes and measurements

Size	it	eu	uk
XS	44	40	12
S	46	42	14
M	48	44	16

Size	it	eu	uk
L	50	46	18
XL	52	48	20
2XL	54	50	22
3XL	56	52	24

*Please note that some of our garments have a snug fit, so we recommend that you order at least one size larger if your body measurements are at the limit or between two sizes. Each model has been designed to fit differently and take advantage of the intrinsic characteristics of the materials used. The size may also vary based on personal preferences.

Shorts



1

Waistline

Measure the circumference at the narrowest point of the bust.

2

Hip bone

Measure the circumference of the hips at the widest point.

3

Leg length

Measure the length of the leg from the crotch to the ankle.

4

Shorts

Measure the length of the leg starting from the crotch.

Table of sizes and measurement

Measurements expressed in centimeters

Size	Height	Waist	Inner Leg
XS	150/159	76	24-26
S	160/169	80	24-26
M	170/179	84	26-28
L	180/185	88	26-28
XL	186/190	93	28-30
2XL	191/195	98	28-30
3XL	-	103	28-30

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Guidelines for purchasing the correct shorts

Put on the trousers and put the suspenders and the bottom of the leg in place so that there are no creases, the feeling once the shorts are worn must be of slight adherence.

- Keep the shorts on for a few minutes by bending your legs, and getting into bike position, then try to pinch the fabric in the thigh area and if once the fabric is released the Lycra returns to its position then you have tried the suitable size to you.
- If, on the other hand, you feel an unpleasant sensation of rubbing or constriction, or if the seams or the straps are too tight, try the higher size.
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- Alé pads do not require the use of creams because they are soft and comfortable and are designed to be worn next to the skin without any intermediate layer.

Many times the problems encountered during the use of the garments are not attributable to the shorts themselves but to the wrong choice of size or model or to errors in washing the garments (see above), in fact:

These easy steps will help you find the right shorts for you that will become your faithful training and competition partner:

- The suspenders, the elastics, the bottom of the leg tend to roll up when wearing the garment but can easily return to their place with a few small gestures.
- Lycra must provide a massage to the muscles and a slight compression effect, and only if it remains very close to the body can it perform its function properly

Accessories



Gloves

Measure the circumference of the hand just below the knuckles. The gloves have a snug fit, it takes a little effort to put them on, but this guarantees maximum grip on the handlebars.

Size	Size Conversion
XS	18 cm
S	19-20 cm
M	21-22 cm
L	23-24 cm
XL	25-26 cm
XXL	27 cm

Socks

Size	Size Conversion
S	36 / 39
M	40 / 43
L	44 / 47

Shoecovers

Model	XS	S	M
Neoprene	-	37 / 39	40 / 42
Rain	34 / 36	37 / 38	39 / 41
Aero	34 / 36	37 / 38	39 / 41
Crono	34 / 36	37 / 38	39 / 41
Winter	-	-	38 / 40
Nordik	-	-	38 / 40
Klimatik	-	-	38 / 40
Shield (Toe Cap)	-	37 / 39	40 / 42