

Size guide

Spark products that are available in multiple sizes follow two different logics:

- **Seamless products** available in four sizes (double sizes thanks to excellent elasticity) - XS/S, M/L, XL/XXL, 3XL/4XL
- **Fabric products** available in six sizes - XS, S, M, L, XL, XXL.

Below you can find the size that's right for you, based on your body weight and height.

SEAMLESS PRODUCTS

Weight in Kg	Height in cm				
	150-160	160-170	170-180	180-190	190-200
40	XS/S	XS/S	M/L	-	-
50	XS/S	XS/S	M/L	-	-
60	XS/S	XS/S	M/L	M/L	-
70	M/L	M/L	M/L	XL/XXL	XL/XXL
80	M/L	M/L	M/L	XL/XXL	XL/XXL
90	M/L	M/L	M/L	XL/XXL	3XL/4XL
100	M/L	XL/XXL	XL/XXL	XL/XXL	3XL/4XL
110	XL/XXL	XL/XXL	XL/XXL	3XL/4XL	3XL/4XL
120	-	XL/XXL	3XL/4XL	3XL/4XL	3XL/4XL
130	-	-	3XL/4XL	3XL/4XL	3XL/4XL

FABRIC PRODUCTS

Weight in Kg	Height in cm										
	150	155	160	165	170	175	180	185	190	195	200
50	XS	XS	XS	XS	S	S	-	-	-	-	-
55	XS	XS	XS	S	S	M	-	-	-	-	-
60	XS	XS	S	S	M	M	L	-	-	-	-
65	XS	S	S	M	M	M	L	L	-	-	-
70	S	S	M	M	M	L	L	XL	XL	XXL	-
75	S	M	M	M	L	L	XL	XL	XXL	XXL	XXL
80	M	M	M	L	L	L	XL	XL	XXL	XXL	XXL
85	-	M	L	L	XL	XL	XL	XXL	XXL	XXL	XXL
90	-	-	L	XL	XL	XL	XXL	XXL	XXL	XXL	-
95	-	-	-	XL	XL	XXL	XXL	XXL	XXL	-	-
100	-	-	-	-	XXL	XXL	XXL	XXL	XXL	-	-