

Nikolay®



he best teachers know that the key of future success is always in details. This has become the main reason for collaboration of NIKOLAY® with the worldwide famous ballet schools – The Bolshoi Ballet Academy, Vaganova Academy of Russian Ballet, Boris Eifman Dance Academy.

The secret of NIKOLAY® uniform popularity is in its refined form. It's the carefully verified line of the back that allows the teacher to control the correct work of shoulders and neck, the form of hip cut that makes the movement easy, staying on the same place even during the most intensive exercises, and unexceptionable quality of fabrics.

Minimalism and hi-tech solutions – is what we stand on to guarantee the comfort, saving the elegant form, sophisticated and moderate silhouettes, breathable and handy materials, perfectly précised details.

Ballet school is not only the famous names of its teachers and signature move of the graduates, but the branding that puts together all the details. Create the image of your school both in class and during away events as the best ballet academies and theatres do – choose the suitable form and color, and NIKOLAY® team will take care of the quality.

5 EASY STEPS

TO CREATE YOUR ACADEMY STYLE

1. CHOOSE SILHOUETTE

Elegant camisole styles with mesh or without endless classic, beloved by dancers.



Underline the silhouette - make the girls look taller and waist thinner.



2. SELECT COLOR: JUNIOR, MIDDLE, HIGH

JUNIOR SCHOOL MIDDLE SCHOOL

Choose among variety of colors to fulfil the style of the school. You can have one color for everyone, or divide them depending on the age.



BOLSHOI BALLET ACADEMY CHOICE



SENIOR SCHOOL



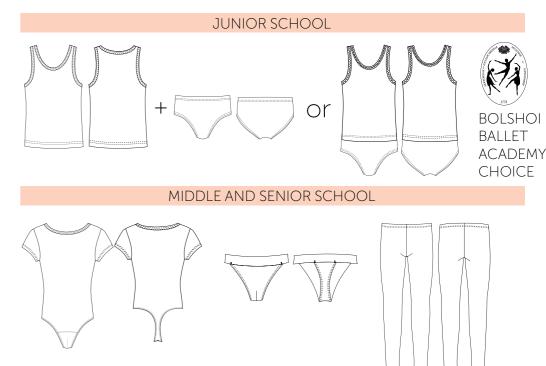








As a rule, boys use shorts in junior class, while middle and senior classes prefer leggings with bandage. These items are created to meet the highest standards of professional dancers, and made of the highest quality fabrics to be comfortable and durable.

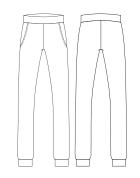


4. COMPLETE THE ORDER WITH WARM-UP SUIT

Complete the look with suit for the time between the classes or during the warm-up. It's also a good uniform for the outside events contests, tours or workshops.



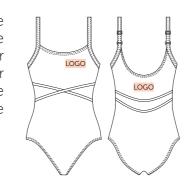




* You can order original Vaganova or BBA uniform marked with the Academy logo, written in Russian or English.

5. PERSONALIZE WITH LOGO OF THE ACADEMY

Add the logo of the school to underline the status and divide your students from all other schools. Choose the place and size of the logo.













e hold in honour the centuries-old traditions of the ballet artists education. One of these traditions is a uniform for classic dance. This uniform disciplines as well as makes students feel themselves as a part of the entire — alma mater Moscow ballet school. We received really comfortable, beautiful and professionally made apparel for ballet classes.

Rector of The Bolshoi Ballet Academy, people's artist of Russia, laureate of prize of the Government of the Russian Federation, art history PhD, professor













earing compulsory academy uniform makes students accustomed to obey the rules. The school discipline is the most important thing for beginners at initial ballet training. Uniform requirements always existed at the Vaganova Academy of Russian Ballet. My goal is to bring back the tradition. In that way everyone should have equal opportunities for training enabling a person to get closer to perfection.

Rector of the Vaganova Ballet Academy, people's artist of Russia, laureate of state prizes

NIKOLAY TSISKARIDZE



FABRIC FEATURES OF NIKOLAY® LEOTARDS

We carefully control the production to make the garment soft to touch like the second skin — because when your body feels comfort, you can concentrate on the main — dance.



The best existing high-tech and soft fabric for the sportswear that guarantees the comfort during any movements.



Super soft like a peach inside makes you feel the garment like the second skin.



Polyamide micro — hi-tech breathable fabric.



Easily absorbs the moisture and looks good even when it's a bit wet.



Fast-dries and doesn't need ironing.



Has UPF 50+ that allows to wear the garment during outdoor classes.



Special bi-stretch technology helps you to feel free during stretching and active exercises.



Keeps the form and doesn't lose it after the numbers of washing cycles.



Colors remain bright after a large number of washes.

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CAREFUL PRODUCTION FOR YOUR CONFIDENCE



We use three different types of thread to answer stretching properties of the materials.



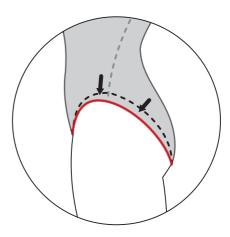
We pay attention to the end of each seam by bunching it. This guarantees longer lifespan of your garment.

UNIQUE CONSTRUCTION

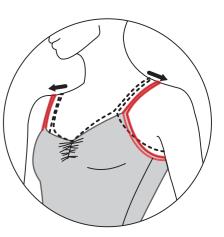
Perfect basic leotard is a combination of construction refined through the years, high-quality fabric and irreproachable manufacturing.



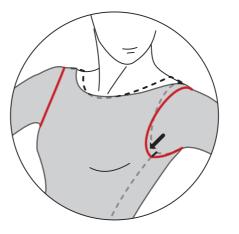
Deep back cut shows the shoulder bone.



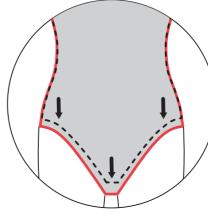
The leg-cut is changed to make the hip more hidden.



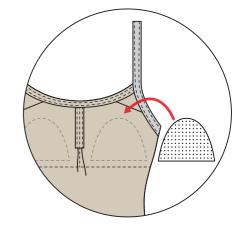
The straps are moved from the front to the shoulders to make them look less evident.



For the comfort of arm movements the armhole is done lower.



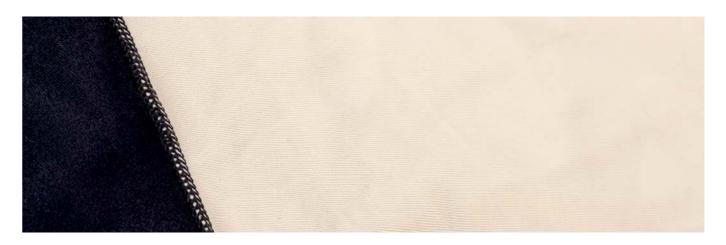
Adjusted body length according to statistic data, which shows, that people are getting taller.



The lining is made with "pocket", so you can easily add inserts (depends on the model).
The formed cups are ordered separately.

NUDE LINING

We use nude lining in our leotards, that gives girls the confidence that nothing is visible under the garment.





LEOTARD WITH STRAPS

DAD 1491MN

Size: 28-38 Without lining

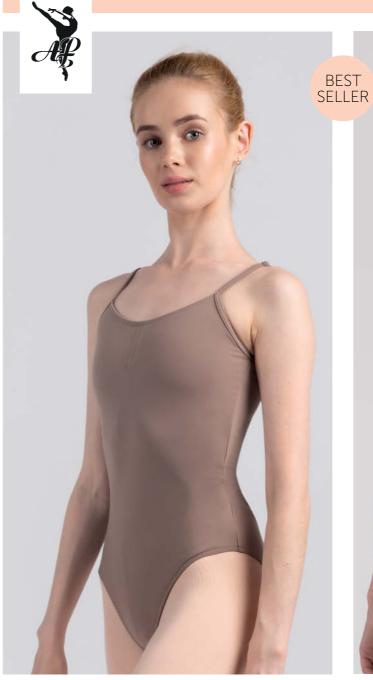
DAD 1491MPN

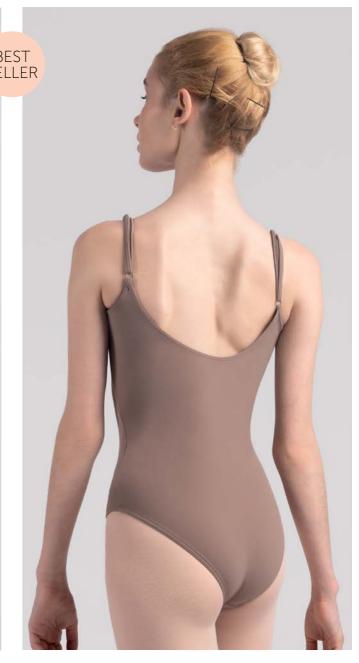
Size: 28-36 With lining Size: 38 With lining and pockets for cups

80% polyamide micro, 20% elastane

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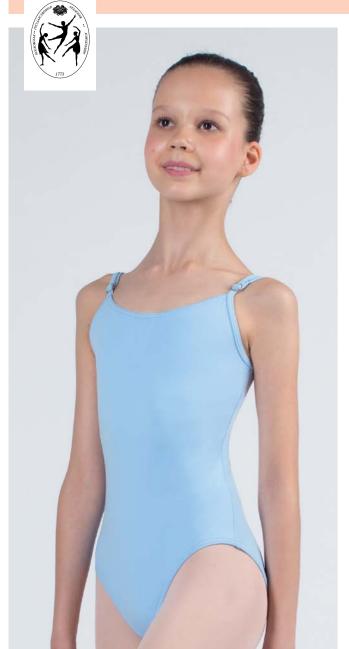
LEOTARD WITH STRAPS

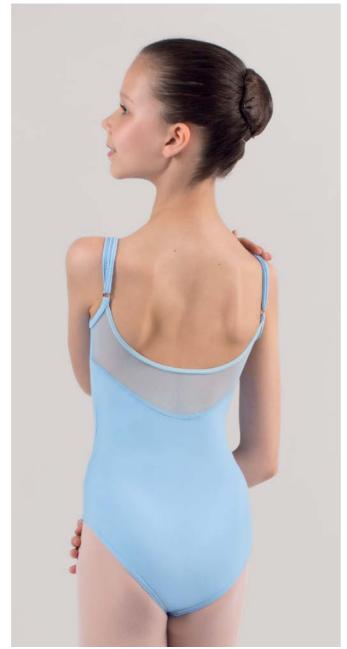
DA 1491MPN

Size: 40-50 With lining and pockets for cups



80% polyamide micro, 20% elastane





LEOTARD WITH STRAPS AND MESH

DAD 1491/1MN

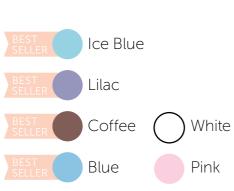
Size: 28–38 Without lining

DAD 1491/1MPN

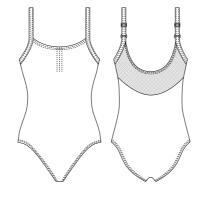
Size: 28–36
With lining
Size: 38
With lining

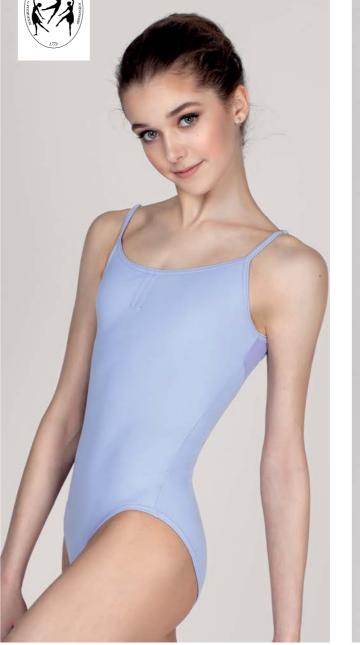
and pockets for cups

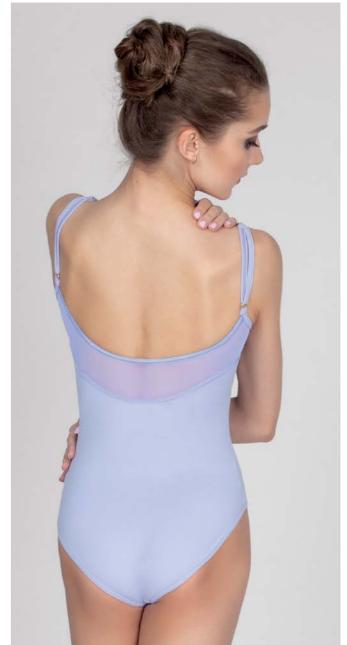
80% polyamide micro, 20% elastane



Black





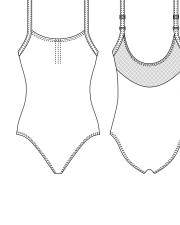


LEOTARD WITH STRAPS AND MESH

DA 1491/1MPN

Size: 40–50
With lining
and pockets for cups





Red 80% polyamide micro, 20% elastane



'he success is reached through long and hard work, and knowing it we did all our best to make this way for the young dancers easier. Now we're proud with the result — a child, fully dressed in NIKOLAY® feels confident both in class and on the stage. Every ballet school and ballet academy has its own style and branding. Some prefer one color and diffident styles depending on the age, while the other can have different colors, having the same form for different classes.

We consulted with the famous teachers and dancers from Vaganova Ballet Academy, The Bolshoi Ballet Academy, St. Petersburg Eifman Ballet and Dance Academy to create the garments that are comfortable and beautiful at the same time. Now they are loved in the best ballet schools all over the world — let your students be impeccable in NIKOLAY® uniform!

> President and founder of NIKOLAY® group of companies **NIKOLAY GRISHKO**





LEOTARD WITH STRAPS

DAD 1001MN

Size: 28-38 Without lining

DAD 1001MPN

Size: 28-36 With lining Size: 38 With lining and pockets for cups

80% polyamide micro, 20% elastane



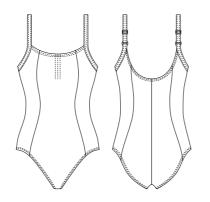


Black

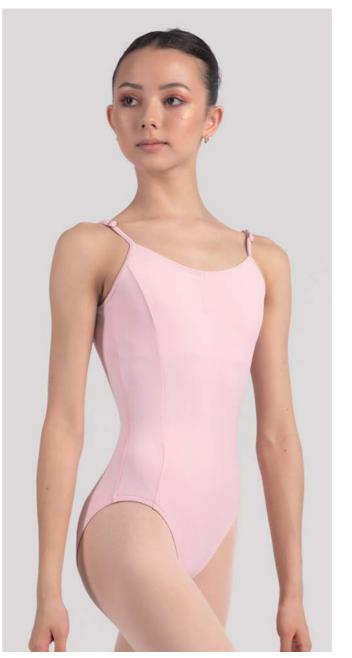


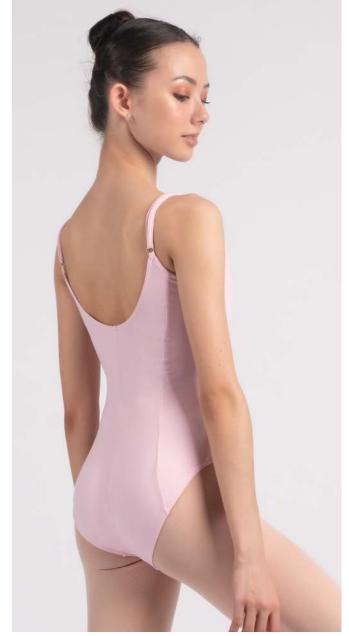
Pink

Dark Blue



Basic leotard with adjustable straps and additional seams that make the figure look even more thin and graceful.

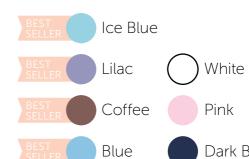




LEOTARD WITH STRAPS

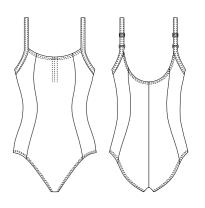
DA 1001MPN

Size: 40-50 With lining and pockets for cups



80% polyamide micro, 20% elastane





Basic leotard with adjustable straps and additional seams that make the figure look even more thin and graceful.





LEOTARD WITH STRAPS

DAD 1258MPN

Size: 36
With lining
Size: 38
With lining
and pockets for cups

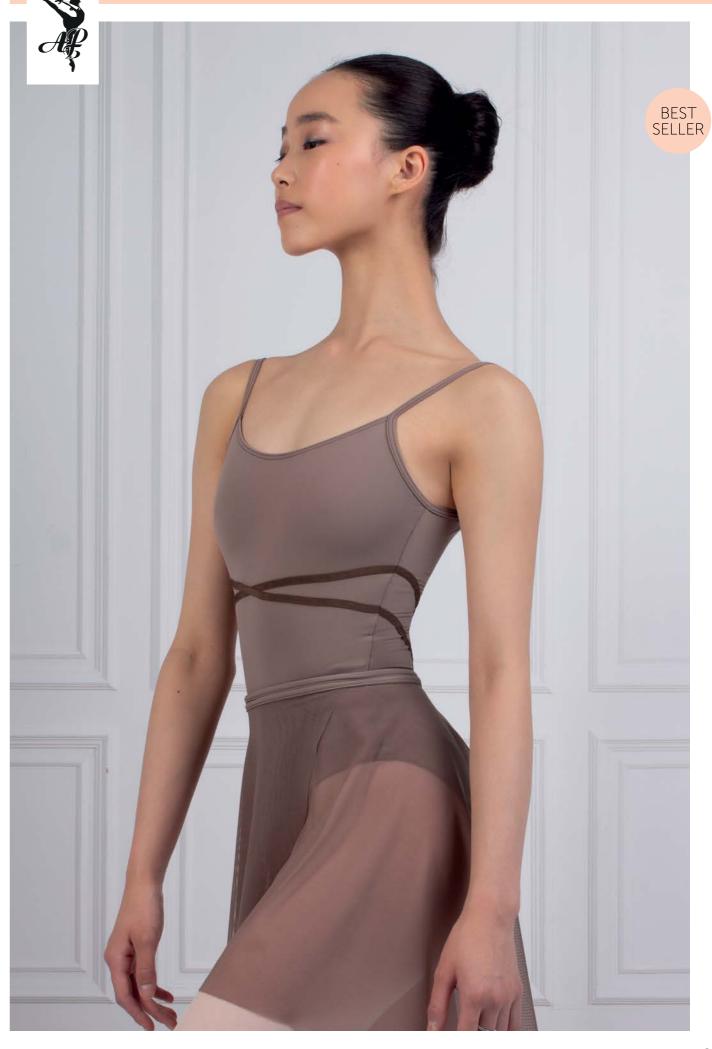
DA 1258MPN

Size: 40-50 With lining and pockets for cups

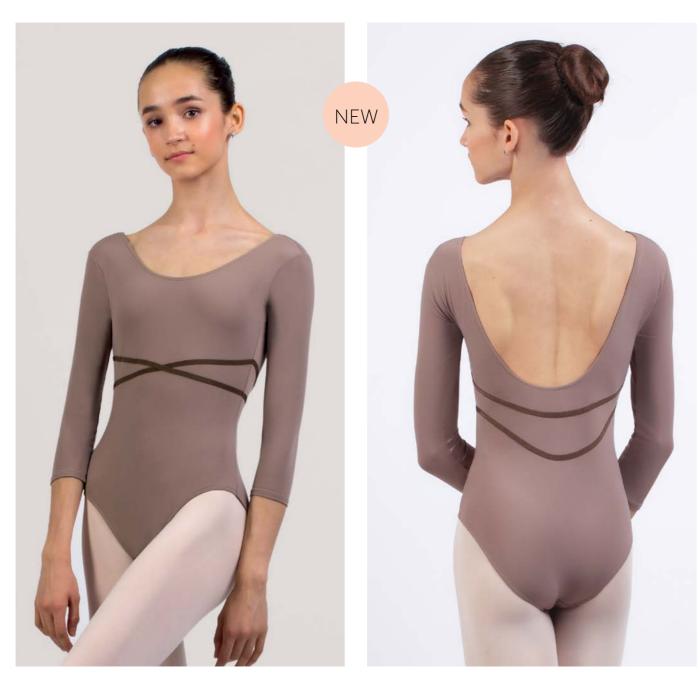


BEST Black





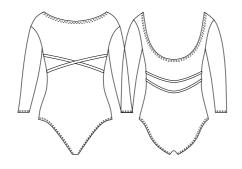
80% polyamide micro, 20% elastane



LEOTARD WITH LONG SLEEVE

DA 1260MPN

Size: 40–50 With lining



Dark Blue

Ice Blue

Coffee

Blac

We added sleeves to our bestseller DA1258MPN for winter time or strongly conditioning classes. Feel the comfort, saving the usual look in the class!

80% polyamide micro, 20% elastane





LEOTARD WITH STRAPS

DAD 1930MN

Size: 36-38 Without lining

With lining

DA 1930MPN Size: 40-50 With lining

DAD 1930MPN Size: 36-38

80% polyamide micro,

20% elastane

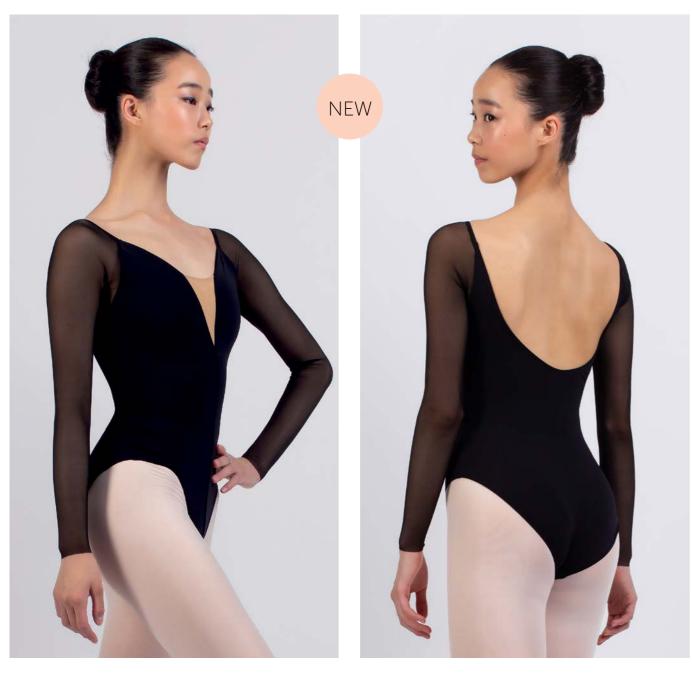
White Blue Medium Taupe Ice Blue Dark Blue

Coffee



Style preferable for elder classes and performances the straps made of nude elastic and the front detail create a slim and airy silhouette.





LEOTARD WITH LONG SLEEVE

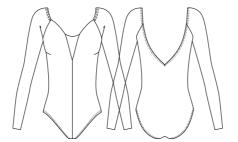
DAD 1931MN

Size: 36-38 Without lining

80% polyamide micro,

DA 1931MN

Size: 40-50 Without lining



Blue

Medium Taupe

Ice Blue

Created in 2019 for qualification exams at the Bolshoi Ballet Academy, this model drew a response. Now you can have the leotard, loved both by teachers and graduates of one of the best



20% elastane ballet schools in the world! 26



MESH SKIRT WITH TIES

06017/1N

Size: XS - 30 cmS - 32 cm

M-40 cm

L — 48 cm XL — 55 cm

93% polyamide, 7% elastane



Comfortable wrap skirt with ties, which can be fixed at any waist size. Has two lengths — 32cm for kids (size S) and 40 cm (size M) for teenagers and adults.







MESH SKIRT

DAD 1492N

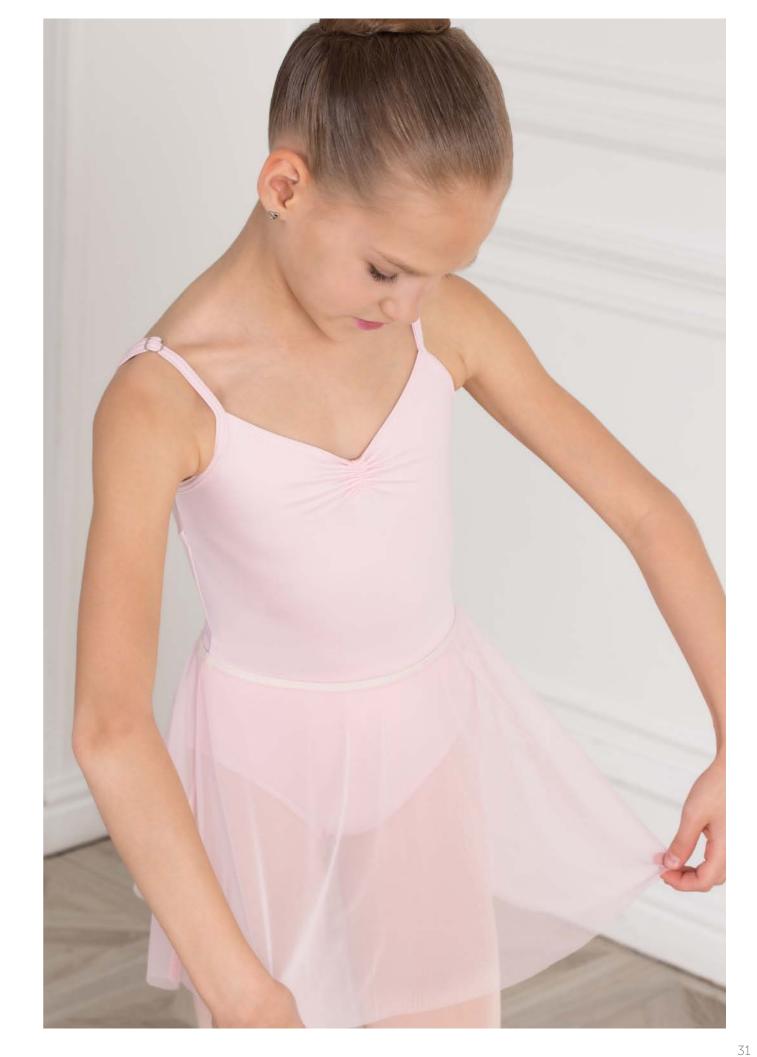
Size: 26-32 26.5 cm

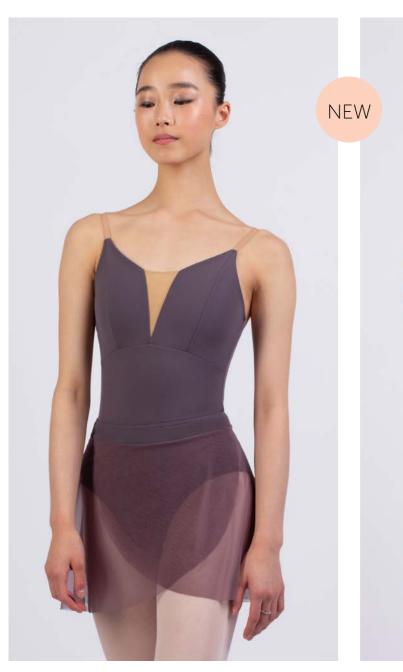
Size: 34-38 30 cm

93% polyamide, 7% elastane











MESH SKIRT

DAD 1945N DA 1945N Size: 36-38 Size: 40-50 33 cm 33 cm

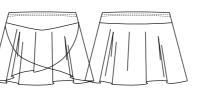
Belt: 80% polyamide micro, 20% elastane Skirt: 93% polyamide, 7% elastane

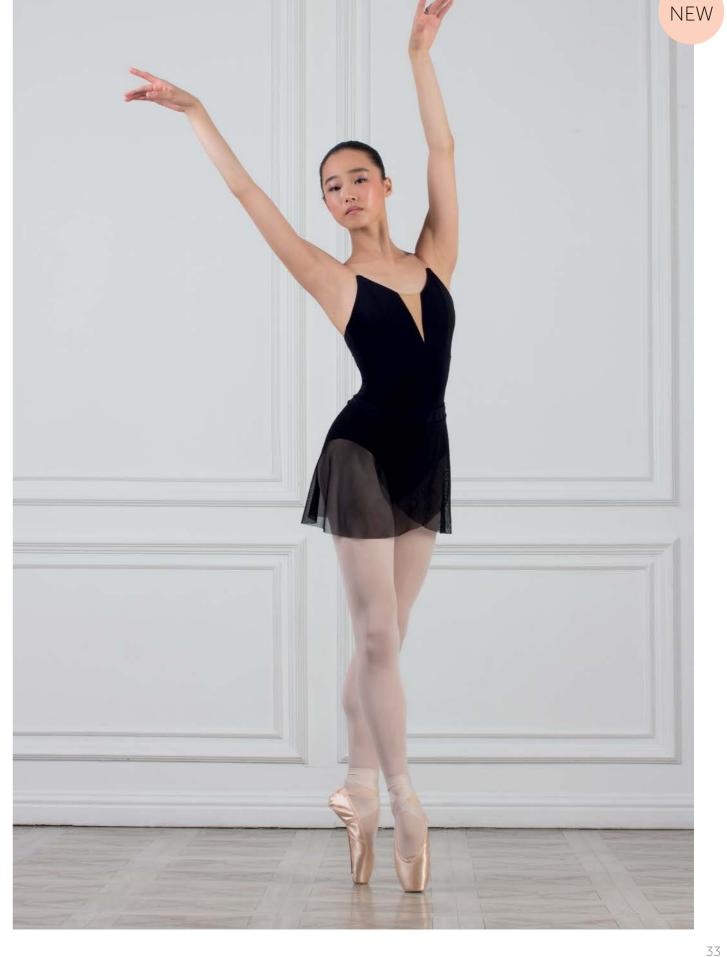


Coffee Medium Taupe

Black

Short mesh skirt with wide elastic belt to underline the waist — have the similar form to the bestseller 06017/1N, but with straight line of the back.





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SKIRT FOR FOLK AND CHARACTER DANCE

DAD 1478N Size: 28-38

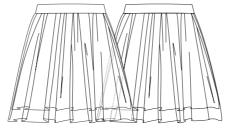
DA 1478N Size: 40-50

size 28-30 - 35 cm size 32-34 - 40 cm size 36-38 - 45 cm size 40 — 50 cm size 42-50 — 55 cm

93% polyamide, 7% elastane

Pink White Coffee Blue

Medium Taupe Black



Long two-layer skirt with soft gathers was made by order of Vaganova Academy for character and folk dance. Wide elastic belt can be fixed on waist or hips and airy mesh allows the dancer to feel free during any movements.





TANK TOP

DAD 1494CN

Size: 26-38

90% cotton, 10% elastane



TRUNKS

DAD 1495CN

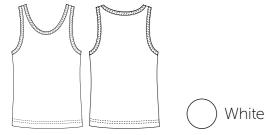
Size: 26-38

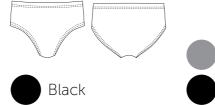
90% cotton, 10% elastane

DAD 1495MN

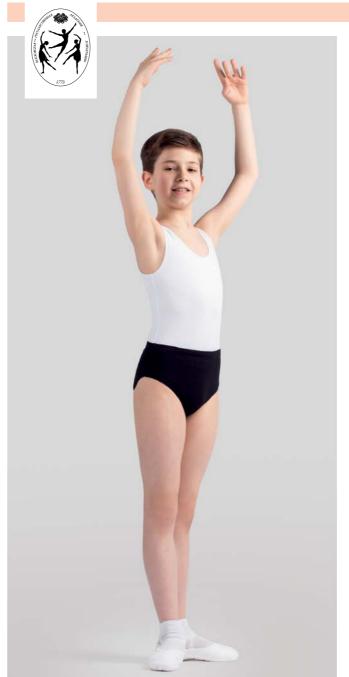
Size: 26-38

80% polyamide micro, 20% elastane





Dark Grey Black





BODYSUIT

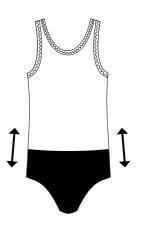
DAD 109CN

Size: 26-38

90% cotton, 10% elastane







Unique one-piece construction created for the perfect fit and comfort: no distraction of attention to the apparel during any movements, no folds of T-shirt under the belt.

37

Bodysuits, tank top and trunks made of stretchy cotton are comfortable and universal for boys, while teenagers and men prefer leggings in addition to the T-shirt.





LEGGINGS

DAD 1497MN

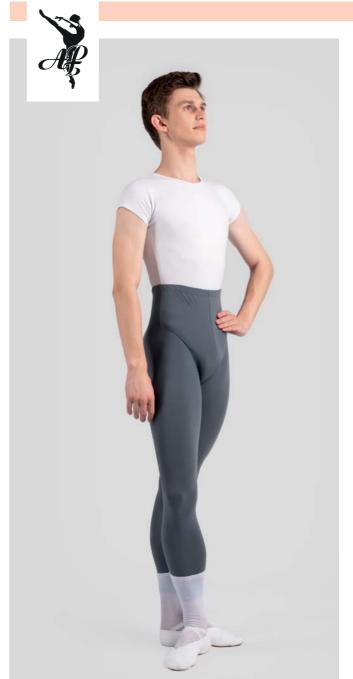
Size: 30-38

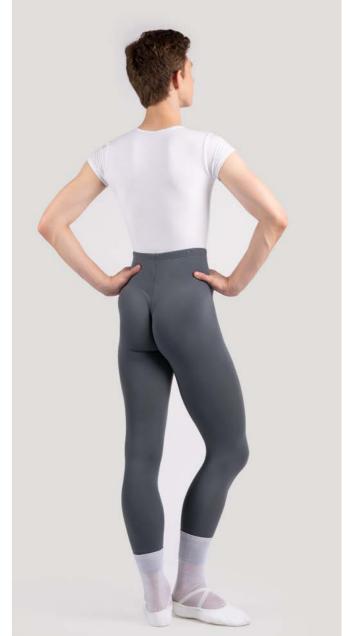
80% polyamide micro, 20% elastane





Basic height can be changed by order for taller or shorter dancers.



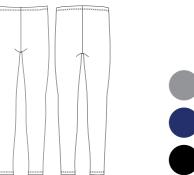


LEGGINGS

DA 1497MN

Size: 40-52

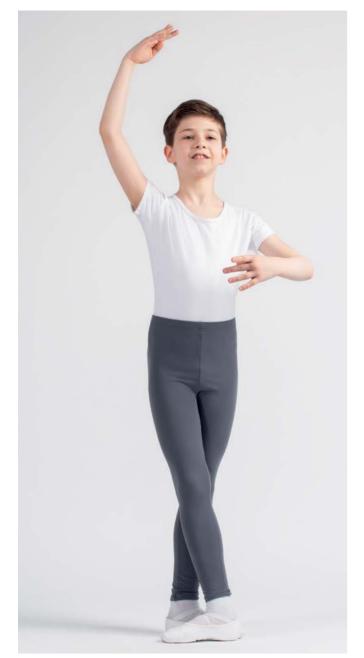
80% polyamide micro, 20% elastane



Dark Grey
Dark Blue
Black

Basic height can be changed by order for taller or shorter dancers.

39





BODYSUIT

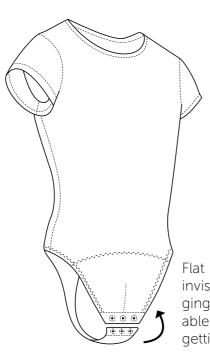
DAD 1480CN

Size: 36-38

90% cotton, 10% elastane Bodysuit made of stretchy cotton with flat seams is very comfortable and looks very tidy.

Basic height can be changed by order for taller or shorter dancers.

White



Flat snap fasteners – invisible under leggings and comfortable while moving or getting dressed.

BODYSUIT

DA 1480CN

Size: 40-52

90% cotton, 10% elastane Bodysuit made of stretchy cotton with flat seams is very comfortable and looks very tidy.

White



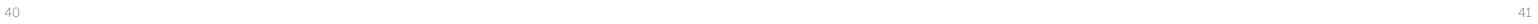
MEN'S SUPPORT BELT

DA 1496CN Size: 40–52

90% cotton, 10% elastane Bandage or classic men's belt is made of soft cotton and has additional soft protection detail inside. The form is created for comfort during dance.



Pale Beige





he uniform is important not only for the academies — ballet companies, dance and sport teams will look and feel like the whole if they are dressed alike. It's easier to create synergy wearing the same suits and using the same accessories. Good uniform becomes the object of dream for followers and fans — and that increases your brand recogition.

If you are the representative of a ballet company or school, you can always ask NIKOLAY® managers about exclusive form or color to underline your unique style. The items presented in this look book is what we've already done and recommend, but there's a great field to create something new: suits, t-shirts, leotards and unitards, skirts, leggings... whatever your team needs!

We guarantee to use best materials and refined form to allow the dancers, teachers and sportsmen to feel comfortable and confident — at home or travelling around the world.





GIRLS HOODIE

DAD 1481VN Size: 28–38

DA 1481VN Size: 40–50

80% cotton, 20% polyester

GIRLS PANTS

DAD 1482VN Size: 28–38

DA 1482VN Size: 40–50

80% cotton, 20% polyester

Premium quality velour, very soft and beautiful, created especially for Vaganova Ballet Academy.

Basic height can be changed by order for taller or shorter dancers.



Grey (melange) Cherry



Grey (melange) Cherry







GIRLS HOODIE

DAD 1481N

Size: 28-38

95% cotton, 5% elastane

GIRLS PANTS

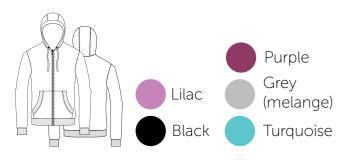
DAD 1482N

Size: 28-38

95% cotton, 5% elastane

Ask your manager help to choose between the variety of colors and different types of fabric

Basic height can be changed by order for taller or shorter dancers.









GIRLS HOODIE

DA 1481N

Size: 40-50

95% cotton, 5% elastane

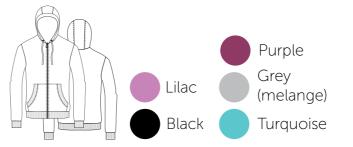
DA 1482N

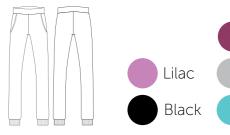
Size: 40-50

95% cotton, 5% elastane

Ask your manager help to choose between the variety of colors and different types of fabric

Basic height can be changed by order for taller or shorter dancers.











BOYS HOODIE

DAD 1483N

Size: 28-38

95% cotton, 5% elastane

BOYS PANTS

DAD 1484N

Size: 28-38

95% cotton, 5% elastane

Ask your manager help to choose between the variety of colors and different types of fabric

Basic height can be changed by order for taller or shorter dancers.









BOYS HOODIE

DA 1483N

Size: 40-52

95% cotton, 5% elastane

DA 1484N

Size: 40-52

95% cotton, 5% elastane

Ask your manager help to choose between the variety of colors and different types of fabric

Basic height can be changed by order for taller or shorter dancers.









BAG GISELLE

0230N

Size: 35 x 45 cm 100% polyester



BAG GALAXY

0231N

Size: 47 x 47 cm 100% polyester



BACKPACK SPACE

0232N

Size: 40 x 50 cm 100% polyester





We can add your branding on the bag to create unique bags for your school or ballet company.

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GIRLS GIRLS LEOTARD WITH STRAPS LEOTARD WITH STRAPS White Ice Blue **DAD 1491MN** DAD 1258MPN Pink Dark Blue Size: 28-38 Size: 36 With lining Without lining Ice Blue Coffee DAD 1491MPN Size: 38 Size: 28-36 Blue With lining and pockets for cups Black With lining Lilac Size: 38 DA 1258MPN With lining and pockets for cups Size: 40-50 Dark Blue With lining and pockets for cups **DA 1491MPN** 80% polyamide micro, 20% elastane Coffee Size: 40-50 With lining and pockets for cups Red 80% polyamide micro, 20% elastane Black LEOTARD WITH LONG SLEEVE Ice Blue DA 1260MPN Dark Blue Size: 40-50 LEOTARD WITH STRAPS AND MESH White With lining Coffee 80% polyamide micro, 20% elastane DAD 1491/1MN Pink Size: 28-38 Without lining Ice Blue DAD 1491/1MPN Blue Size: 28-36 With lining Lilac Size: 38 With lining and pockets for cups Coffee DA 1491/1MPN Size: 40-50 With lining and pockets for cups Black LEOTARD WITH STRAPS Dark Blue 80% polyamide micro, 20% elastane **DAD 1930MN** Coffee Size: 36-38 Without lining Medium Taupe DAD 1930MPN Size: 36-38 Red With lining Black **DA 1930MPN** LEOTARD WITH STRAPS Size: 40-50 White With lining **DAD 1001MN** Pink Size: 28-38 80% polyamide micro, 20% elastane Without lining Ice Blue DAD 1001MPN Blue Size: 28-36 With lining Lilac Size: 38 With lining and pockets for cups LEOTARD WITH LONG SLEEVE Medium Taupe Dark Blue DA 1001MPN **DAD 1931MN** Coffee Size: 40-50 Size: 36-38 With lining and pockets for cups Without lining Ice Blue 80% polyamide micro, 20% elastane Black DA 1931MN Size: 40-50 Lilac Without lining 80% polyamide micro, 20% elastane

GIRLS BOYS



MESH SKIRT WITH TIES

06017/1N

Size: XS - 30 cm S - 32 cm M - 40 cm L – 48 cm

93% polyamide, 7% elastane

XL - 55 cm



Size: 26-38

White

White/Black

White

DAD 1494CN

90% cotton, 10% elastane

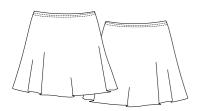
TANK TOP



DAD 1495CN Size: 26-38

DAD 1495MN Size: 26-38





MESH SKIRT

DAD 1492N

Size: 26-32 26.5 cm

Size: 34-38 30 cm

93% polyamide, 7% elastane



Pink

Black

Coffee

Medium Taupe



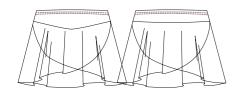
BODYSUIT

90% cotton,

10% elastane

DAD 109CN Size: 26-38

90% cotton, 10% elastane



MESH SKIRT WITH TIES

DAD 1945N

Size: 36-38 33 cm

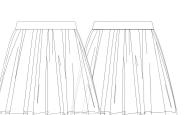
DA 1945N

Size: 40-50 33 cm

Belt: 80% polyamide micro, 20% elastane Skirt: 93% polyamide, 7% elastane







SKIRT FOR FOLK AND CHARACTER DANCE

93% polyamide,

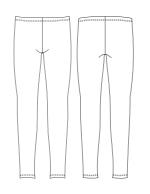
7% elastane

DAD 1478N size 28-30 — 35 cm Size: 28-38 size 36-38 - 45 cm

DA 1478N size 40 — 50 cm size 42-50 — 55 cm Size: 40-50

Coffee Ice Blue Black

Lilac



LEGGINGS

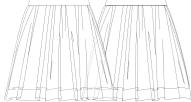
DAD 1497MN DA 1497MN Size: 36-38 Size: 40-52

80% polyamide micro, 20% elastane

MEN'S SUPPORT BELT



Pale Beige



size 32-34 - 40 cm Medium Taupe

White

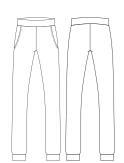


Size: 40-52

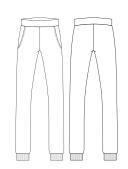
90% cotton, 10% elastane

WARM-UP SUIT

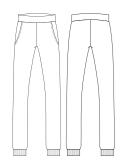












GIRLS HOODIE

DAD 1481VN Size: 28-38

DA 1481VN Size: 40-50

80% cotton, 20% polyester

Grey (melange)

Grey (melange)

Grey (melange)

Grey (melange)

Grey (melange)

Grey (melange)

Dark Blue

Black

Dark Blue

Black

Turquoise

Black

Turquoise

Purple

Cherry

Cherry

Black

GIRLS PANTS

DAD 1482VN Size: 28-38

DA 1482VN Size: 40-50

80% cotton, 20% polyester

GIRLS HOODIE

DAD 1481N

Size: 28-38

DA 1481N Size: 40-50

95% cotton, 5% elastane

GIRLS PANTS

DAD 1482N

Size: 28-38

DA 1482N

Size: 40-50

95% cotton, 5% elastane

BOYS HOODIE

DAD 1483N

Size: 28-38

DA 1483N

Size: 40-52

95% cotton, 5% elastane

BOYS PANTS

DAD 1484N

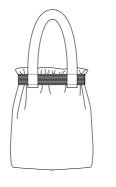
Size: 28-38

DA 1484N

Size: 40-52

95% cotton, 5% elastane

BAGS

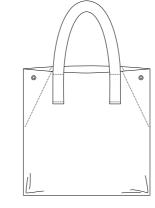


BAG GISELLE

0230N

100% polyester





BAG GALAXY

0231N Size: 47 x 47 cm

100% polyester



Vintage Gold



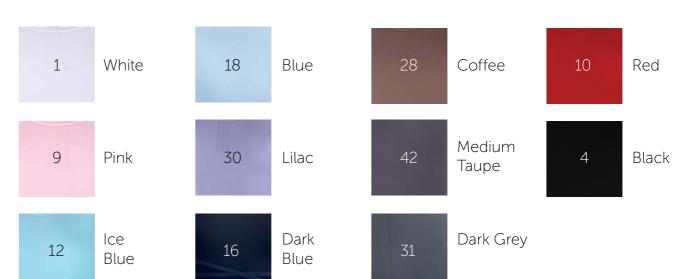
BACKPACK SPACE

0232N Size: 40 x 50 cm

100% polyester



COLOR CHART (POLYAMIDE MICRO)



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NIKOLAY® APPAREL SIZE CORRESPONDENCE CHART

NIKOLAY® APPAREL SIZE CORRESPONDENCE CHART

All the measurements in chart are based on RU sizes, size range in articles are also in RU sizes.

GIRLS								
Height, cm	110	116-122	128	134	140	146	152	
Height, inch	43"	45"-47"	47"-50"	50"-52,7"	52,7"-55"	55"-57.4"	57,4"-59,8"	
Chest, cm	52	56	57–60	61–64	65-68	69–72	73-76	
Chest, inch	20.4"	22"	22.4"-23.6"	24"-25.1"	25.6"-26.7"	27.1"-28.3"	28.7"-29.9"	
Waist, cm	51	52	53-54	55-57	58-59	60	61	
Waist, inch	20"	20.4"	20.8"-21.2"	21.6"-22.4"	22.8"-23.2"	23.6"	24"	
Hip, cm	60	63	64-68	69–72	73–77	78-81	82-85	
Hip, inch	23.6"	24.8"	24"-26.7"	27.1"-28.3"	28.7"-30.3"	30.7"-31.8"	32.2"-33.4"	
Age (RU)	4-5 Y	5-6 Y	6-7 Y	8-9 Y	9-10 Y	10-11 Y	12–13 Y	
Russia (RU)	26	28	30	32	34	36	38	
Age (EU)	-	4 Y	6 Y	8 Y	10 Y	11 Y	12 Y	
Europe (EU)	110-116	116-122	122–128	128-134	134-140	140-146	146-152	
United States (USA)	4-5	6-7	7-8	8-9	9-10	10-11	12-13	
United Kingdom (UK)	5-6	6–7	7–8	8-9	9–10	10-11	11–12	
Japan (JP)	110	120	120	130	140	150	160	
China (CH)	115	125	125	135	145	155	165	

BOYS								
Height, cm	110	116–122	128	134	140	146	152	
Height, inch	43.5"	45.5"-48"	50.5"	53"	55"	57.5"	60"	
Chest, cm	52	56	57–60	61–64	65-68	69-72	73-76	
Chest, inch	20.4"	22"	22.4"-23.6"	24"-25.1"	25.6"-26.7"	27.1"-28.3"	27.8"-30"	
Waist, cm	51	52	53-54	55-57	58-60	61-63	64-65	
Waist, inch	20"	20.4"	20.8"-21.2"	21.6"-22.4"	22.8"-23.6"	24"-24.8"	25.1"-25.5"	
Hip, cm	60	61	62-65	66-69	70-73	74-77	78-85	
Hip, inch	23.6"	24.8"	24.4"-25.5"	25.9"-27.1"	27.5"-28.7"	29.1"-30.3"	30.7"-33.4"	
Age (RU)	3-4 Y	4-5 Y	6-7 Y	8-9 Y	9-10 Y	10-11 Y	12-13 Y	
Russia (RU)	26	28	30	32	34	36	38	
Age (EU)	_	4 Y	6 Y	8 Y	10 Y	11 Y	12 Y	
Europe (EU)	110-116	116-122	122-128	128-134	134-140	140-146	146-152	

All the measurements in chart are based on RU sizes, size range in articles are also in RU sizes.

LADIES								
Height, cm	158	164	168-170	168–172	168–172	168-172	168-172	
Height, inch	5'2"	5'4"	5'6"-5'7"	5′6″-5′7″	5'6"-5'7"	5'6"-5'7"	5′6″-5′7″	
Chest, cm	77-80	81-84	85-88	89-92	93–96	97–100	101-104	
Chest, inch	30"-31.5"	32"-33"	33.5"-34.5"	35"-36"	36.6"-37.7"	38"-39.3"	41.3"-42.5"	
Waist, cm	61–62	63–64	65-68	69–71	72–74	75–77	78-81	
Waist, inch	24"-24.5"	24.5"-25"	25.5"-26.7"	27"-28"	28.3"-29"	30"-31.4"	30"-31.8"	
Hip, cm	86-89	90-92	93–96	97–100	101–104	105–108	109-112	
Hip, inch	34"-35"	35.4"-36"	36.6"-37.7"	38"-39"	39.7"-41"	41.3"-42.5"	42.9"-44"	
International	XXS / P	XS	S	М	L	XL	XXL	
Russia (RU)	40	42	44	46	48	50	52	
Europe (EU)	34	36	38	40	42	44	46	
Italy (IT)	38	40	42	44	46	48	50	
France (FR)	36	38	40	42	44	46	48	
Germany (DE)	32/34	36	38	40	42	44	46	
United States (USA)	4	6	8	10	12	14	16	
United Kingdom (UK)	8	10	12	14	16	18	20	
Japan (JP)	7	9	11	13	15	17	19	
China (CH)	155/80A	160/84A	165/88A	170/92A	175/96A	180/100A	185/104A	

MEN								
Height, cm	164–170		170-176		176–182		182–188	
Height, inch	5'4"-5'7"		5′7″-5′9″		5'9"-6'0"		6′0″-7′4″	
Chest, cm	77-80	81-84	85-88	89-92	93–96	97–100	101–104	105–108
Chest, inch	30"-31.5"	32"-33"	33.5"-34.5"	35"-36"	36.6"-37.7"	38"-39.3"	40"-41"	41.3"-42.5"
Waist, cm	65-66	67-68	69-70	71–74	75–78	79-82	83-86	87–90
Waist, inch	25.5"-26"	26.3"-26.7"	27"-27.5"	28"-29"	29.5"-30.7"	31"-32.3"	32.6"-33.8"	34"-35.4"
Hip, cm	82-85	86-88	89-91	92-94	95–97	98-100	101–103	104-106
Hip, inch	32.2"-33.4"	33.8"-34.6"	35"-35.8"	36.2"-37"	37.4"-38"	38.5"-39.3"	39.7"-40.5"	41"-41.7"
International	S		M		L		XL	XXL
Russia (RU)	40	42	44	46	48	50	52	54
Europe (EU)	40	42	44	46	48	50	52	54



NIKOLAY® LLC 7003 Presidents Dr Suite 600 Orlando, FL 32809 USA Ph. 800.987.6715



nikolay-world.com

