I spent 30 years in manufacturing and technology. Ten of those years were spent in an EMF shielding specialist area. I found it increasingly difficult to work in an environment surrounded by EMF sources. In my early days in industry I saw people die from smoking and asbestos exposure.

I had seen the demise of others, who had not paid attention to their health. It became clear to me that the levels of EMF in today’s working environments are not conducive to good health. Increasingly suffering from headaches, tiredness and fatigue I quit my job and started working for myself.

I decided to put my experience of developing EMF shielding products to good use, and started a company designing and manufacturing high level EMF shielded Clothing. Now 5 years on we have exported to over 30 countries and have a loyal and knowledgeable client base.

Our products are developed and tested in the most stringent of laboratory and field environments. Our customer feedback is available for all to see. Increasingly we are being asked by people from all walks of life who have encountered increasingly difficult EMF environments in their daily lives, how they can shield themselves.

Our products have become welcome relief for them in this electronic world we now live in. I hope you will find the same too.
The Leblok Company

Founded by Geoff Simmonds in 2013 in Scotland, United Kingdom, Leblok is arguably the world’s foremost producer of Electromagnetic Protective Clothing and other personal protective products for today’s electrosmog environment.

Privately owned, today Leblok exports to more than 30 countries across the globe. Leblok products are made from unique, exceptionally high emf-shielding materials of unsurpassed quality.

Our Mission

We provide authentic products and knowledge that define and enhance the distinctive high-quality look and texture of Leblok Clothing and textile products. Our personal and friendly attention to customer satisfaction is the hallmark of the Leblok experience.

The Leblok Commitment

In the words of Leblok’s Managing Director; Geoff Simmonds, “our products have been tested in laboratory conditions using the most technically advanced equipment available. Each item is field-tested in the most rigorous of EMF environments; and protects to the highest level in today’s increasingly EMF-polluted world’.

Customer Service

Personal and friendly customer service is our first order of business.

Pride of Ownership

We do not sell what we, ourselves, would not be proud to own or give.

Performance

We are committed to outstanding performance and an environment of total quality management and continuous improvement.

Man-made Electromagnetic Fields (EMFs)

Man-made EMF’s (Electromagnetic Fields) are electromagnetic pollution, often referred to as “electrosmog”. They are an increasing problem for those suffering from, or concerned about environmental health effects. The World Health Organisation (WHO) has classified EMF’s as a Class 2B Carcinogen, in that it may cause cancer.

Today’s environment is now subjected to unprecedented levels of man-made microwave radiation. Sources include devices such as TV and Cell phone antennae, WiFi, microwave ovens, cordless phones (DECT), mobile phones, Bluetooth, RADAR and many other devices. Even some baby-monitors emit microwave radiation. Most humans are being exposed to man-made EMF’s, 24 hours per day, 365 days per year.

Microwaves are electromagnetic radiation with a frequency range of 0.3 GHz to 300 Ghz. They are also known as pulsed microwave radiation. They can pass through non-metal materials like plastic, glass and building materials. Microwaves are absorbed by human beings and other materials with high water content, and produce heat in the body. However they are reflected off of metallic surfaces.

Many of those suffering health effects from this type of radiation are now wearing EMF protective clothing and use shielded sleeping canopies that contain special metallic elements to shield from the radiation. Increasingly, many people who are concerned about the possible long term health effects on themselves and their families, are turning to these solutions in their everyday lives.

Leblok Shielding Clothing

Leblok Shielding Clothing is unique. Our prestige clothing range not only exudes a stunning appearance but also gives the additional benefit of ultra-high EMF shielding properties. Using unique ‘S-Line’ silver (non-nano) technology our clothing quality is unsurpassed.

Since quietly entering the EMF clothing market in 2013 Leblok products have become ‘de rigueur’ for ‘those who know’. The Leblok customer base now spans over 30 countries.

The unique methods used to manufacture our fabrics provide the customer with protection that can relied upon. Our fabrics are all tested in the most rigorous EU laboratory conditions. Our shielding figures are made available to all. Our manufacturing and supply chain is audited and traceable back to source.

Leblok Shielding Products

Building on the unprecedented success of the Leblok Clothing story, our 2016 product range has been expanded to include canopies, sleeping bags and baby protection.

The Leblok World

Our products are being made available throughout the world. If you have any difficulty obtaining our products just let us know and we will ensure you can experience Leblok protection.
TESTING & SIMULATIONS

All our fabrics and materials are tested in independent certified laboratories.

Using unique simulation technology we are able to design and produce the highest specification products.
## MEN’S SHIRTS


### STYLE / EMF PROTECTION / COLORS

**LONG SLEEVED SHIRT**

<table>
<thead>
<tr>
<th>SLine Navy Blue</th>
<th>SLine Non-Stretch Grey</th>
</tr>
</thead>
<tbody>
<tr>
<td>55dB (99.9995%) @1GHz</td>
<td>60dB (99.9999%) @1GHz</td>
</tr>
<tr>
<td>50% Silver/50% Polyester</td>
<td>60% Silver/40% Polyester</td>
</tr>
<tr>
<td>Swiss Shield Wear White</td>
<td></td>
</tr>
<tr>
<td>25dB (99.5%) @1GHz</td>
<td></td>
</tr>
<tr>
<td>90% Cotton, 10% copper/silver</td>
<td></td>
</tr>
</tbody>
</table>

*SPlease see page 5 for detailed test results*

### SIZES

| S | M | L | XL |

For more information and ordering Call us +44 (0) 845 805 9030 or email to sales@emfclothing.com

If the line is busy, please leave us a message or send an email. We will get in touch with you as soon as possible.

**STYLE / EMF PROTECTION / COLORS**

<table>
<thead>
<tr>
<th>SHORT SLEEVED SHIRT</th>
<th>LONG SLEEVED SHIRT</th>
</tr>
</thead>
<tbody>
<tr>
<td>SLine Pink</td>
<td>SLine Navy Blue</td>
</tr>
<tr>
<td>60dB (99.9999%) @1GHz</td>
<td>55dB (99.9995%) @1GHz</td>
</tr>
<tr>
<td>60% Silver/40% Polyester</td>
<td>50% Silver/50% Polyester</td>
</tr>
<tr>
<td>SLine Grey</td>
<td>SLine Grey</td>
</tr>
<tr>
<td>60dB (99.9999%) @1GHz</td>
<td>60% Silver/40% Polyester</td>
</tr>
<tr>
<td>Swiss Shield Wear White</td>
<td>25dB (99.5%) @1GHz</td>
</tr>
<tr>
<td>90% Cotton, 10% copper/silver</td>
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*Sizes

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*Please see page 5 for detailed test results.*

New products are being developed all the time. Stay up to date by visiting our website.

www.emfclothing.com   |   www.emf-shielding.com
T-SHIRTS


STYLE / EMF PROTECTION / COLORS

T-SHIRT UNISEX

<table>
<thead>
<tr>
<th>Style</th>
<th>Protection</th>
<th>Material</th>
</tr>
</thead>
<tbody>
<tr>
<td>SLine Stretch Lavander</td>
<td>45dB (99.995%) @1GHz</td>
<td>50% Silver/50% Viscose</td>
</tr>
<tr>
<td>SLine Stretch Grey</td>
<td>45dB (99.995%) @1GHz</td>
<td>50% Silver/50% Viscose</td>
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</tbody>
</table>

*Please see page 5 for detailed test results

SIZES

S | M | L | XL
SHORT SLEEVED VESTS


STYLE / EMF PROTECTION / COLORS
SHORT SLEEVED VEST UNISEX

<table>
<thead>
<tr>
<th>SLine Stretch Grey</th>
<th>45dB (99.995%) @1GHz</th>
<th>50% Silver/50% Viscose</th>
</tr>
</thead>
<tbody>
<tr>
<td>SLine Stretch Lavender</td>
<td>45dB (99.995%) @1GHz</td>
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</tr>
</tbody>
</table>

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SIZES
S | M | L | XL

New products are being developed all the time. Stay up to date by visiting our website.
www.emfclothing.com | www.emf-shielding.com
LONG JOHNS


STYLE / EMF PROTECTION / COLORS
LONG JOHNS UNISEX

- SLine Stretch Lavander
  45dB (99.995%) @1GHz
  50% Silver/50% Viscose

- SLine Stretch Grey
  45dB (99.995%) @1GHz
  50% Silver/50% Viscose

*Please see page 5 for detailed test results

SIZES
S | M | L | XL
LONG SLEEVED VESTS


STYLE / EMF PROTECTION / COLORS

LONG SLEEVED VEST  UNISEX

<table>
<thead>
<tr>
<th>Style</th>
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<th>Color</th>
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<tbody>
<tr>
<td>SLine Stretch Grey</td>
<td>45dB (99.995%)</td>
<td>50% Silver/50% Viscose</td>
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<td>50% Silver/50% Viscose</td>
</tr>
</tbody>
</table>

*Please see page 5 for detailed test results

SIZES

S | M | L | XL

New products are being developed all the time. Stay up to date by visiting our website.

www.emfclothing.com   |   www.emf-shielding.com
This electromagnetic protective, waterproof jacket offers the highest EMF protection. Complete with all plastic zips, pullers and toggles. Velcro fasteners and stowable hood.
Perfect for day to day use or working environment.

PROTECTION
Supershield
50dB (99.999%) @1GHz

MATERIALS
Outer and Inner 100% Poly-cotton.
Interlay 24% Double Silver Plated over 76% Nylon Core

COLORS
Burgundy

SIZES
S | M | L | XL
MATERNITY TOP (ADJUSTABLE)

Whilst this top should adjust to enable use for the entire 9 months we recommend buying your normal size for the early term, and another for the later term. Your normal size can then be worn after the pregnancy and the larger size kept for the next event.

PROTECTION / COLORS / MATERIALS

<table>
<thead>
<tr>
<th>S</th>
<th>M</th>
<th>L</th>
<th>XL</th>
</tr>
</thead>
<tbody>
<tr>
<td>SLine Non-Stretch Grey</td>
<td>60dB (99.9999%) @1GHz</td>
<td></td>
<td></td>
</tr>
<tr>
<td>60% Silver/40% Polyester</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Please see page 5 for detailed test results

SIZES

UK 10 | 12 | 14 | 16 | 18
EU 38 | 40 | 42 | 44 | 46
US 8 | 10 | 12 | 14 | 16

COOKING APRON

Electric cookers produce very high electrical fields. Microwave ovens emit microwave radiation. Oven door seals are not completely effective in shielding the operator from potentially dangerous microwaves. This cooking apron shields from both electrical fields and microwave radiation and is a ‘must have’ for those spending hours in the kitchen or working in this type of environment.

PROTECTION

38dB (99.98%) @1GHz

MATERIALS

Outer - Hard-wearing Cotton 100%
Inner - Cotton with 18% copper/silver

COLORS

SIZE

One size fits all

MENS BOXER SHORTS

These cotton-based boxer shorts offer very high protection from electrical fields and microwave radiation emitted from mobile phones. Critically protects the reproductive system. Comfortable and cool to wear. Ideal for day or night wear.

PROTECTION / COLORS / MATERIALS

<table>
<thead>
<tr>
<th>S</th>
<th>M</th>
<th>L</th>
<th>XL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swiss Shield Wear (WHITE)</td>
<td>25dB/99.5% @ 1GHz</td>
<td></td>
<td></td>
</tr>
<tr>
<td>90% Cotton, 10% copper/silver</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Please see page 5 for detailed test results

SIZES

S | M | L | XL

New products are being developed all the time. Stay up to date by visiting our website.

www.emfclothing.com | www.emf-shielding.com
CAP
Electromagnetic protective cap. Hard wearing, and giving extremely high protection in the peak as well. Perfect for shopping, travel and general outdoor wear. Excellent for 'flicker' protection. Made from rugged, hard wearing cotton outer and soft organic cotton inner, with very high shielding internal layer.

PROTECTION
50dB (99.999%) @1GHz

MATERIALS
Outer and Inner 100% Cotton. Interlay 24% Double Silver Plated over 76% Nylon Core

COLORS
Khaki Black

SIZES
One size fits all

HAT
Electromagnetic protective hat. Hard wearing, and giving extremely high protection in the brim as well. Perfect for shopping, travel and general outdoor wear. Excellent for 'flicker' protection. Made from rugged, hard wearing cotton outer and soft cotton inner, with extreme high shielding internal layer.

PROTECTION
50dB (99.999%) @1GHz

MATERIALS
Outer and Inner 100% Cotton. Interlay 24% Double Silver Plated over 76% Nylon Core

COLORS
Khaki Dove Grey

SIZES
S | M | L | XL

HEAD-NET
Arguably the world's most popular ultra-high shielding protective headnet. This headnet has been a time-proven accessory for those who need protection for travel, and many other applications. Made from a breathable, highly transparent and (non-nano) silver fabric. Light-weight with extreme protection and anti-bacterial. Machine washable.

PROTECTION / COLORS / MATERIALS
Silver SUPERSHIELD EMF fabric 50dB (99.999%) @1GHz High transparency Double silver plated nylon fabric (20% Silver)

SIZE
Extra Large

*Please see page 5 for detailed test results

HOODED SNOOD
Unisex electromagnetic protective hooded-snood. Stunning, luxuriously soft and comfortable to wear. Ideal for office, day, evening, travel or night/bed wear. Excellent for thyroid and head protection. Made from stretch fabric. Light-weight, cool, crease-resistant with extreme protection and anti-bacterial. Shielding remains constant, even when stretched.

PROTECTION / COLORS / MATERIALS
SLine Stretch Grey 45dB (99.995%) @1GHz 50% Silver/50% Viscose

SIZE
One size fits all

*Please see page 5 for detailed test results

For more information and ordering Call us +44 (0) 845 805 9030 or email to sales@emfclothing.com
If the line is busy, please leave us a message or send a email. We will get in touch with you as soon as possible.
www.emfclothing.com
**HOOPED SCARF**


**PROTECTION / COLORS / MATERIALS**

<table>
<thead>
<tr>
<th>Material</th>
<th>Protection Level</th>
<th>Composition</th>
</tr>
</thead>
<tbody>
<tr>
<td>SLine Stretch Grey</td>
<td>45dB (99.995%)</td>
<td>50% Silver/50% Viscose</td>
</tr>
</tbody>
</table>

*Please see page 5 for detailed test results*

**SIZE**

One size fits all

---

**SCARVES**


**PROTECTION / COLORS / MATERIALS**

<table>
<thead>
<tr>
<th>Material</th>
<th>Protection Level</th>
<th>Composition</th>
</tr>
</thead>
<tbody>
<tr>
<td>SLine Non-Stretch (FLORAL/FAUX)</td>
<td>60dB (99.9999%)</td>
<td>50% Silver/50% Polyester</td>
</tr>
<tr>
<td>SLine Non-Stretch (PURPLE/GREY)</td>
<td>60dB (99.9999%)</td>
<td>60% Silver/40% Polyester</td>
</tr>
<tr>
<td>Swiss Shield Wear (WHITE)</td>
<td>25dB/99.5%</td>
<td>90% Cotton, 10% copper/silver</td>
</tr>
</tbody>
</table>

*Please see page 5 for detailed test results*

**SIZE**

145 cm x 70 cm

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New products are being developed all the time. Stay up to date by visiting our website.

[www.emfclothing.com](http://www.emfclothing.com)  |  [www.emf-shielding.com](http://www.emf-shielding.com)
PYJAMAS

These cotton-based pyjamas offer very high protection from electrical fields and microwave radiation from mobile phones. Comfortable and cool to wear. Ideal for nightwear protection or hospital stays.

STYLE / EMF PROTECTION / COLORS

- Swiss Shield Wear (WHITE)
  - 25dB/99.5% @ 1GHz
  - 90% Cotton, 10% copper/silver

*SPlease see page 5 for detailed test results

SIZES

S | M | L | XL

PRAM COVER

Protect your baby from environmental electrosmog with this triple-use, electromagnetic protective pram/pushchair/cot cover. Made from a highly ventilated fabric this also provides protection from mosquitoes and other potentially harmful insects such as wasps, bees etc.

STYLE / EMF PROTECTION / COLORS

- Swiss Shield New Daylite
  - 30dB/99.9% @ 1GHz
  - 91% Polyester, 8% copper/silver

*SPlease see page 5 for detailed test results

SIZE

130 cm x 60 cm x 35 cm

For more information and ordering Call us +44 (0) 845 805 9030 or email to sales@emfclothing.com
If the line is busy, please leave us a message or send a email. We will get in touch with you as soon as possible.
MOBILE PHONE COVERS

PHONE COVER
Ultra-high EMF Shielding Mobile Phone Cover. The best washable electromagnetic shielding phone cover available today. Provides the highest EMF protection for cell phone use. Suitable for: iPhone, Blackberry and other smartphones. Machine Washable.

- **PROTECTION**
  - 50dB (99.999%) @1GHz

- **MATERIALS**
  - Outer and Inner 100% Cotton. Interlay 24%
  - Double Silver Plated over 76% Nylon Core

- **COLORS**
  - Khaki
  - Dove
  - Gray
  - Blackwatch tartan
  - Black leather

- **SIZE**
  - 14.5 cm x 8.5 cm

CELLBLOK
Total signal Blokbag. Completely blocks signals from and to mobile phones. Shields over 99.999% of electromagnetic radiation between the frequencies of 10MHz to 3GHz. Machine Washable.

- **PROTECTION**
  - 50dB (99.999%) @1GHz

- **MATERIALS/COLORS**
  - Khaki
  - Dove
  - Gray
  - Black
  - Camouflage
  - Outer and Inner 100% Cotton. Interlay 24%
  - Double Silver Plated over 76% Nylon Core

- **SIZE**
  - 18 cm x 10 cm

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New products are being developed all the time. Stay up to date by visiting our website.

www.emf clothing.com | www.emf-shielding.com
Why you should use an EMF Shielding Canopy
During the sleeping hours, the body is in parasympathetic nervous system mode. This means that the body’s natural defences are rested whilst the natural repair processes are at work. In addition the body is positioned in one place. Therefore, if the sleeping position is exposed to EMR then the use of a canopy will enable the body to undergo restful EMF free recovery sleep. It is even more important to protect your sleeping environment from EMF’s than your daily living environment. Our canopies are especially designed to shield the most harmful frequencies. The body will still receive the benefit of the earth’s natural Schumann resonance. Our customers who have purchased a canopy report an immediate benefit with significantly improved sleep.

<table>
<thead>
<tr>
<th>Material</th>
<th>Shielding (dB)</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Silver Supershield</td>
<td>50dB @ 1GHz</td>
<td>Colour - Silver Bronze High transparency Tough and highly washable Groundable</td>
</tr>
<tr>
<td>Swiss Shield Naturelle</td>
<td>38dB @ 1GHz</td>
<td>Beige-white colour eco-cotton fabric Semi-transparent Handle with care, washable Non-groundable</td>
</tr>
<tr>
<td>Swiss Shield New Daylite</td>
<td>25dB @ 1GHz</td>
<td>White Tough and washable Tough washable Non-groundable</td>
</tr>
</tbody>
</table>

**SIZES**
- **Single** (Width: 120 cm, Depth: 220 cm, Height: 220 cm)
- **Extra Large** (Width: 220 cm, Depth: 220 cm, Height: 220 cm)

Ideal for EMR relief while traveling. Easily used on planes, trains, in hotels and while camping. An excellent temporary shielding solution. Unique contrasting plastic zip system for ease of use during the night. Breathable. Machine washable.

**EMF PROTECTION / MATERIALS**
- **Swiss Shield Wear** 25dB/99.5% @ 1GHz 90% Cotton, 10% copper/silver
- **Swiss Shield New Daylite** 30dB/99.8% @ 1GHz 92% Polyester, 8% copper/silver

*Please see page 5 for detailed test results*

**HEADNET MATERIAL**
- Swiss Shield New Daylite 30dB/99.8% @ 1GHz 92% Polyester, 8% copper/silver

**BAG MATERIAL**
- Swiss Shield Wear 25dB/99.5% @ 1GHz 90% Cotton, 10% copper/silver

**SIZE**
- 245 cm x 90 cm

For more information and ordering Call us +44 (0) 845 805 9030 or email to sales@emfclothing.com. If the line is busy, please leave us a message or send an email. We will get in touch with you as soon as possible.
TERMS AND CONDITIONS

RETURNS POLICY
We recommend that customers check sizes carefully against the size chart provided (also on our website) before ordering. Our test and inspection methods ensure that defects are highly unlikely.

WARRANTY CLAIMS
Scottish Law will apply at all times and to the absolute exclusion of any local, state, federal or national statutes, laws or regulations applicable in the purchaser's country of residence or the destination country to which the goods were consigned. Goods returned due to manufacturing defects will be replaced with those of the same size. No other grounds for returns will be accepted. The purchaser is responsible for return freight and consignments sent freight-forward will not be accepted. Leblok Ltd will pay freight charges for replacement goods supplied under this warranty.

DISCLAIMER
Leblok products are designed and manufactured to minimize exposure to Electromagnetic Radiation (EMR). There are however many environmental, medical and genetic, factors that cause health effects, failed pregnancies or birth defects. Leblok Ltd specifically disclaim any and all responsibility for any health effects, failed pregnancy, birth defects, any other adverse outcome or any health effect that may occur where the customer has been wearing Leblok Ltd products, including prior to and/or during pregnancy, or any effects that may occur, eventuate, manifest or transpire at any time subsequent to the birth.
FREQUENTLY ASKED QUESTIONS

I have read on some websites that EMF shielding clothing can make things worse, because the radiation can get in through the holes and then bounces around and cannot escape. Is this true?
Leblok Clothing shields from electromagnetic radiation. In the areas where there is no fabric, such as the hole for the neck and arms, then there is no protection. In these areas the body is exposed to the radiation just as it would be with sunlight or UV radiation. In the case of UV radiation the sunlight causes sunburn on the skin. In the case of EMR the body simply absorbs it and converts it to heat, because the human body consists predominantly of water. If there were no body inside the clothing then yes the ‘signals’ would bounce around. This is the same theory as to why a microwave oven should not be used without water or food inside because the microwaves will not be absorbed into anything. In short, areas covered are protected, areas uncovered absorb. EMF protective clothing simple reduces exposure. See our illustration in this brochure to see how our fabric protects.

Someone told me that EMF Shielded clothing acts like a Faraday cage and conducts electricity and must be earthed or it is not safe. How can I earth this clothing?
The human body is a conductor and therefore conducts electricity, with, or without EMF protective clothing. The clothing simply acts like an extension of the body. There is no special need to earth the clothing unless you want to earth yourself in any case.

Does washing affect the shielding levels of the clothing?
EMF Protective Clothing just like any other type of clothing is affected by abrasion, not washing. Obviously continued wear will degrade any type of clothing. The shielding will diminish gradually over a long period of time with wear and spin drying. Most of Leblok Clothing has a high silver content and is therefore naturally anti-bacterial and has the advantage of not requiring washing as often as other clothing.

I have been told that EMF Canopies are bad for you because they block the Earth’s natural frequencies (the Schumann resonance) from reaching you. If so would it not be bad for my health to use one?
The Schumann resonance is a global electromagnetic resonance phenomenon named after physicist Winfried Otto Schumann who first predicted it. It peaks at extremely low frequency (ELF) of around 7.83 Hz. Neither our canopies nor our clothing can shield this frequency so they do not block it. Our products are designed to shield the harmful high electromagnetic and electrical fields only.

Can canopies be dangerous if struck by lightning? Could I be electrocuted?
The average lightning strike passes a current of 20,000 amperes. The cross section of the metallic elements in Leblok canopies is tiny. It is not possible for the current to be passed through the tiny strands of fabric, instead the fabric would simply be burned, just as any other surface that is struck by lighting is burned. Thick metal poles or large metallic surfaces such as planes, transmit the current. Using a canopy does not add any risk of electrocution from lightning.
## CLOTHING SIZE INFORMATION

### Womens Size Chart

<table>
<thead>
<tr>
<th></th>
<th>UK</th>
<th>Europe</th>
<th>USA</th>
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<tbody>
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<th>USA</th>
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<td>cm</td>
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<tr>
<td></td>
<td>36”</td>
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### Mens Size Chart - Tops and Shirts

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<th>L</th>
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<td>125</td>
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### T-Shirt Sizes

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<tbody>
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<td>117</td>
<td>49</td>
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### Hat Sizes

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<th>Medium</th>
<th>Large</th>
<th>X-Large</th>
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<tbody>
<tr>
<td>in</td>
<td>21 1/8” - 21 1/2”</td>
<td>21 7/8” - 22 1/4”</td>
<td>225/8” - 23”</td>
<td>23 1/2” - 23 7/8”</td>
</tr>
<tr>
<td>cm</td>
<td>54 cm - 55 cm</td>
<td>56 cm - 57 cm</td>
<td>58 cm - 59 cm</td>
<td>60 cm - 61 cm</td>
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</tbody>
</table>

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