

BODY MEASUREMENTS

SIZE	S		M		L		XL		2XL		3XL		4XL		5XL		6XL	
CHEST MEASUREMENT	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68
WAIST MEASUREMENT	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62
HIP (SEAT) MEASUREMENT	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68

Note: If your chest and/or waist measurement falls between sizes, buy the larger size.

How to Measure

Note: For best results measure over your undergarments. Use a cloth measuring tape.

CHEST Measure just under arms and across shoulder blades holding the tape firm and level. If your chest falls between sizes, order the next size up.

WAIST Bend side to side and find the natural bend in your body; this is your natural waist.
Note: It may not be the smallest point.