

GIRDLES

SIZING CHART

	WAIST	HIP	HEIGHT	WEIGHT	INSEAM
<u>YOUTH</u>	(in/cm)	(in/cm)	(ft,in / cm)	(LBS/Kg)	(in/cm)
Small	16-18 (41-46 cm)	22-24 (56-61 cm)	Up to 3ft 6in (107 cm)	Up to 70 (32 Kg)	7" (18 cm)
Medium	18-22 (46-56 cm)	24-27 (61-69 cm)	Up to 4 ft (122 cm)	Up to 90 (41 Kg)	7" (18 cm)
Large	20-25 (51-64 cm)	27-33 (69-84 cm)	Up to 4ft 6in (137 cm)	Up to 110 (50 Kg)	8" (20.5 cm)

ADULT

Small	25-30 (64-76 cm)	30-38 (76-97 cm)	Up to 5ft 5in (165 cm)	Up to 132 (60 Kg)	8" (20.5 cm)
Medium	28-35 (71-89 cm)	34-42 (86-107 cm)	Up to 5ft 8in (173 cm)	Up to 145 (66 Kg)	8" (20.5 cm)
Large	33-38 (84-97 cm)	38-46 (97-117 cm)	Up to 5ft 10in (178 cm)	Up to 160 (73 Kg)	9" (23 cm)
X-Large	36-44 (92-112 cm)	42-50 (107-127 cm)	Up to 6ft (183 cm)	Up to 175 (80 Kg)	10" (25.5 cm)