



A - Chest

To measure your bust, pass the tape to the widest part of the chest, usually a few inches below the armpits.

B - Waist

To measure our waist, pass the tape around your stomach, at the narrowest point.

C - Hips

To measure your hips, place the tape at the widest level of the hips, usually at the level of the buttocks.

Correspondence Of Sizes - Womens

Sizes	S	M	L	XL		
Chest	33.5 - 34.5	35 - 36.25	36.5 - 37.5	38 - 40		
Waist	29 - 30	31 - 32	32.25 - 33.5	33 - 35		
Hips	33.5 - 35	35.5 - 36.5	37 - 38	38.5 - 40.5		

*Inches

Correspondence Of Sizes - Mens

Sizes	S	M	L	XL	2XL	3XL
Chest	36.25 - 37.5	38 - 39	39.5 - 40.5	41 - 43	43.5 - 45.5	46 - 48
Waist	34.25 - 35.5	36 - 37	37.5 - 38.5	39 - 40	41 - 43.5	44 - 45.5
Hips	36.5 - 37.5	38 - 39.5	40 - 41	41.5 - 43.5	44 - 45.5	46 - 48

*Inches