



Waist

Measure your waist at your bellybutton. Breathe naturally.

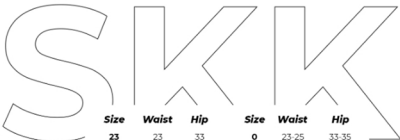


Hip

Measure your hips at the widest part of your body.



Understand the fabric. For a stretch denim there is a lot of wiggle room and normally you can size down if you prefer a snug fit.



Size	Waist	Hip
------	-------	-----

23	23	33
----	----	----

24	24	34
----	----	----

25	25	35
----	----	----

26	26	36
----	----	----

27	27	37
----	----	----

28	28	38
----	----	----

29	29.5	39.5
----	------	------

30	30.5	40
----	------	----

31	32	42
----	----	----

32	33.5	43
----	------	----

33	35	46
----	----	----

34	37.25	48
----	-------	----

36	42	52
----	----	----

38	46	56
----	----	----

Size	Waist	Hip
------	-------	-----

0	23-25	33-35
---	-------	-------

1	25-27	35-37
---	-------	-------

2	27-29	37-39
---	-------	-------

3	29-31	39-41
---	-------	-------

4	31-34	41-44
---	-------	-------

Size	Chest
------	-------

0	31-33
---	-------

1	33-35
---	-------

2	35-37
---	-------

3	37-39
---	-------

4	39-42
---	-------