

# HOW TO MEASURE

Take all measurements over undergarments using standard measuring tape held in a relaxed straight line.

**Chest:** Place measuring tape under the arms to measure the distance around the shoulder blades and the fullest part of the bust/chest. Do not hold the tape too tight.

**Waist:** Place measuring tape around the natural waistline.

**Low Hip:** Stand with feet a few inches apart and measure around the fullest part of your hips wearing your undergarments.

**Inseam:** Measure from the crotch to the desired length of the pant, breaking at the top of the shoe and just above the heel in the back. Appropriate shoes should be worn.



## FIT SIZE GUIDE:

BASED ON YOUR BODY MEASUREMENTS

Women's										
	00	0-2	4-6	8-10	12-14	16-18	20-22	24-26	28-30	32-34
Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Bust	29-30	31-32	33-35	36-38	39-41	42-44	45-48	49-52	53-56	57-60
Waist	21½-22½	23½-25½	25½-27½	28½-30½	31½-33½	34½-36½	37½-40½	41½-44½	45½-48½	49½-52½
Hip	31½-32½	33½-35½	35½-37½	38½-40½	41½-43½	44½-46½	47½-50½	51½-54½	55½-58½	59½-62½

Men's										
Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
	29-31	32-34	35-37	38-40	42-44	46-48	50-52	54-56	58-60	62
Chest	29-31½	32-34½	35-37½	38-40½	42-44½	46-48½	50-52½	54-56½	58-60½	62-64½
Waist	23-25½	26-28½	29-31½	32-34½	36-38½	40-42½	44-46½	48-50½	52-54½	56-58½

Men's Labs													
Size	32	34	36	38	40	42	44	46	48	50	52	54	56
Chest	32	34	36	38	40	42	44	46	48	50	52	54	56
Waist	26	28	30	32	34	36	38	40	42	44	46	48	50