

SIZING HELP

INTERNATIONAL MEASURE SIZES

The girdles are garments to shape your figure, it is important to take your measurements not considering the size of clothing you use regularly.

Measure the waist and hip. To measure the hip, place the tape on the most outstanding part of it. Observe the picture to take your measurements.

To find your size in the size chart, we recommend you to follow all of these steps:

1. Determine your weight in kilograms or pounds.
2. If you have your measurements of waist and hip, get your average body weight for a more accurate size.
3. If you have the size and want to ensure it's correct, compare it to your weight.
4. Find out what line your product is and match the size chart measurements of the with yours for the correct size.

The girdles are garments to shape your figure, it is important to take their measurements without considering the size of clothes that you use regularly.

Measure the waist and hips. To measure the hip, place the tape measure by the most protruding part. Look at the illustration to obtain the measurements.

To locate the size in the measurement table, we recommend following one of these steps:

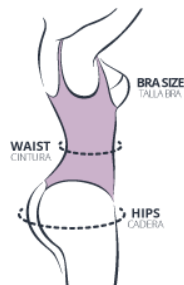
1. Determine body weight in either kilograms or pounds.

2. If you have the waist and hip measurements, additionally also with body weight you will obtain an average for a more exact size.

3. If you have the size and you want to ensure that it is correct, check it against the weight.

4. Make sure of the material in which the selected product is made and compare the size table of the same material to obtain the correct size.

PREMIUM SHAPEWEAR									
SIZES	WEIGHT lbs	WAIST inch	HIP inch	BRA SIZE	TALLAS	PESO Kg	CINTURA cm	CADERA cm	TALLA BRA
2XS	90 - 110	25 - 27.5	31.5 - 34	-	2XS	40 - 49	0 - 70	80 - 87	-
XS	110 - 125	27.5 - 30	34 - 36.5	30	XS	49 - 56	70 - 77	87 - 94	30
S	125 - 140	30 - 33	36.5 - 39	32	S	56 - 63	77 - 84	94 - 101	32
M	140 - 155	33 - 35.5	39 - 42	34	M	63 - 70	84 - 91	101 - 108	34
L	155 - 170	35.5 - 38.5	42 - 45	36	L	70 - 77	91 - 98	108 - 115	36
XL	170 - 185	38.5 - 41.5	45 - 48	38	XL	77 - 83	98 - 105	115 - 122	38
2XL	185 - 200	41.5 - 44	48 - 50.5	40	2XL	83 - 90	105 - 112	122 - 129	40
3XL	200 - 215	44 - 47	50.5 - 53.5	-	3XL	90 - 97	112 - 119	129 - 136	-
4XL	215 - 230	47 - 49.5	53.5 - 56	-	4XL	97 - 104	119 - 126	136 - 143	-
5XL	230 - 245	49.5 - 52	56 - 59.5	-	5XL	104 - 111	126 - 133	143 - 151	-



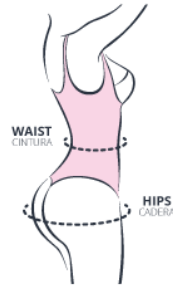
PUSH UP JEANS BY CYSM

SIZES / TALLAS	HIP / CADERAS	
	inch	cm
1	33 - 34.5	84 - 87
2	34.5 - 36	88 - 91
3	36 - 37.5	92 - 95
4	37.5 - 39	96 - 99
5	39 - 40.5	100 - 103
6	40.5 - 42	104 - 107
7	42 - 43.5	108 - 111
8	43.5 - 45	112 - 115
9	45 - 46.5	116 - 119
10	46.5 - 48	120 - 123
11	48 - 49.5	124 - 127
12	49.5 - 51	128 - 131
13	51 - 52.5	132 - 135
14	52.5 - 54	136 - 139



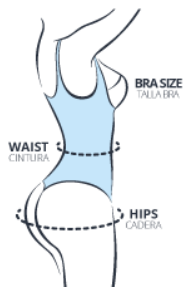
SEAMLESS SHAPEWEAR

SIZES	WEIGHT lbs	WAIST inch	HIP inch	TALLAS	PESO Kg	CINTURA cm	CADERA cm
S	100 - 130	27.5 - 30	34 - 36.5	S	40 - 60	70 - 77	87 - 94
M	130 - 160	30 - 33	36.5 - 39	M	60 - 80	77 - 84	94 - 101
L	160 - 190	33 - 35.5	39 - 42	L	80 - 100	84 - 91	101 - 108
XL	190 - 220	35.5 - 38.5	42 - 45	XL	100 - 120	91 - 98	108 - 115
2XL	220 - 240	38.5 - 41.5	45 - 48	2XL	120 - 140	98 - 105	115 - 122
3XL	240 - 260	41.5 - 44	48 - 50.5	3XL	140 - 160	105 - 112	122 - 129



ULTRA FLEX SHAPEWEAR

SIZES	WEIGHT lbs	WAIST Inch	HIP Inch	BRA SIZE	TALLAS	PESO Kg	CINTURA cm	CADERA cm	TALLA BRA
XS	110 - 125	27.5 - 30	31.5 - 34	30	XS	49 - 56	70 - 77	87 - 94	30
S	125 - 140	30 - 33	34 - 36.5	32	S	56 - 63	77 - 84	94 - 101	32
M	140 - 155	33 - 35.5	36.5 - 39	34	M	63 - 70	84 - 91	101 - 108	34
L	155 - 170	35.5 - 38.5	39 - 42	36	L	70 - 77	91 - 98	108 - 115	36
XL	170 - 185	38.5 - 41.5	42 - 45	38	XL	77 - 83	98 - 105	115 - 122	38
2XL	185 - 200	41.5 - 44	45 - 48	40	2XL	83 - 90	105 - 112	122 - 129	40
3XL	200 - 215	44 - 47	48 - 50.5	42	3XL	90 - 97	112 - 119	129 - 136	42



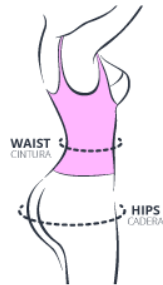
ULTRA SWEAT SHAPEWEAR

SIZES	WEIGHT lbs	WAIST Inch	HIP Inch	TALLAS	PESO Kg	CINTURA cm	CADERA cm
XS	80 - 90	23.5 - 25	29.5 - 31.5	XS	30 - 40	0 - 60	73 - 80
S	90 - 110	25 - 27.5	31.5 - 34	S	40 - 49	60 - 70	80 - 87
M	110 - 125	27.5 - 30	34 - 36.5	M	49 - 56	70 - 77	87 - 94
L	125 - 140	30 - 33	36.5 - 39	L	56 - 63	77 - 84	94 - 101
XL	140 - 155	33 - 35.5	39 - 42	XL	63 - 70	84 - 91	101 - 108
2XL	155 - 170	35.5 - 38.5	42 - 45	2XL	70 - 77	91 - 98	108 - 115
3XL	170 - 185	38.5 - 41.5	45 - 48	3XL	77 - 83	98 - 105	115 - 122



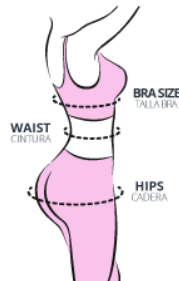
WAIST TRAINERS SHAPEWEAR

SIZES	WEIGHT lbs	WAIST Inch	HIP Inch	TALLAS	PESO Kg	CINTURA cm	CADERA cm
2XS	90 - 110	25 - 27.5	31.5 - 34	2XS	40 - 49	0 - 70	80 - 87
XS	110 - 125	27.5 - 30	34 - 36.5	XS	49 - 56	70 - 77	87 - 94
S	125 - 140	30 - 33	36.5 - 39	S	56 - 63	77 - 84	94 - 101
M	140 - 155	33 - 35.5	39 - 42	M	63 - 70	84 - 91	101 - 108
L	155 - 170	35.5 - 38.5	42 - 45	L	70 - 77	91 - 98	108 - 115
XL	170 - 185	38.5 - 41.5	45 - 48	XL	77 - 83	98 - 105	115 - 122
2XL	185 - 200	41.5 - 44	48 - 50.5	2XL	83 - 90	105 - 112	122 - 129
3XL	200 - 215	44 - 47	50.5 - 53.5	3XL	90 - 97	112 - 119	129 - 136



FITNESS BY CYSM

SIZES	WAIST Inch	HIP Inch	BRA SIZE	TALLAS	CINTURA cm	CADERA cm	TALLA BRA
2XS	22	32	30	2XS	56	81	76
XS	24	34	32	XS	61	86	81
S	25	35	34	S	64	89	86
M	27	37	36	M	69	94	91
L	29	39	38	L	74	99	97
XL	31	40	40	XL	79	104	102
2XL	33	43	42	2XL	84	109	107



FITNESS LEGGINGS BY CYSM

SIZES	WEIGHT lbs	WAIST inch	HIP inch	TALLAS	PESO Kg	CINTURA cm	CADERA cm
S	100 - 130	27.5 - 30	34 - 36.5	S	40 - 60	70 - 77	87 - 94
M	130 - 160	30 - 33	36.5 - 39	M	60 - 80	77 - 84	94 - 101
L	160 - 190	33 - 35.5	39 - 42	L	80 - 100	84 - 91	101 - 108
XL	190 - 220	35.5 - 38.5	42 - 45	XL	100 - 120	91 - 98	108 - 115
2XL	220 - 250	38.5 - 41	45 - 48	2XL	120 - 140	98 - 105	115 - 122



APPAREL BY CYSM

SIZES	WEIGHT lbs	WAIST inch	HIP inch	BRA SIZE	TALLAS	PESO Kg	CINTURA cm	CADERAS cm	TALLA BRA
S / M	125 - 155	30 - 35.5	36.5 - 42	32 - 34	S / M	56 - 70	77 - 91	94 - 108	32 - 34
L / XL	155 - 185	35.5 - 41.5	42 - 48	36 - 38	L / XL	70 - 83	91 - 105	108 - 122	36 - 38
2XL / 3XL	185 - 215	41.5 - 47	48 - 53.5	40 - 42	2XL / 3XL	83 - 97	105 - 119	122 - 136	40 - 42

