

SIZE	XS		S		M		L		XL		XXL		3XL		4XL	
A. CHEST (CM)	74	80	80	86	86	90	90	94.5	94.5	99	99	104	104	109	109	114
B. BUST (CM)	78	84	84	90	90	94	94	98.5	98.5	103	103	108	108	113	113	118
C. WAIST (CM)	58	64	64	70	70	74	74	78.5	78.5	83	83	88	88	93	93	98
D. HIP (CM)	82	88	88	94	94	98	98	102.5	102.5	107	107	112	112	117	117	122
E. THIGH (CM)	50	52.5	52.5	55	55	57	57	59.5	59.5	61.5	61.5	64	64	66.5	66.5	69
F INNER LEG (CM)	72	74.5	74.5	77	77	80	80	82	82	83.5	83.5	84.5	84.5	86	86	87
G OUTER ARM (CM)	50	52.5	52.5	55.5	55.5	58	58	60	60	61.5	61.5	62.5	62.5	64	64	65
H. HEIGHT (CM)	157	162.5	162.5	168.5	168.5	172.5	172.5	176.5	176.5	180	180	182.5	182.5	185	185	188
A. CHEST (IN)	29 1/8	31 1/2	31 1/2	33 7/8	33 7/8	35 3/8	35 3/8	37 1/4	37 1/4	39	39	41	41	42 7/8	42 7/8	44 7/8
B. BUST (IN)	30 3/4	33 1/8	33 1/8	35 3/8	35 3/8	37	37	38 3/4	38 3/4	40 1/2	40 1/2	42 1/2	42 1/2	44 1/2	44 1/2	46 1/2
C. WAIST (IN)	22 7/8	25 1/4	25 1/4	27 1/2	27 1/2	29 1/8	29 1/8	30 7/8	30 7/8	32 5/8	32 5/8	34 5/8	34 5/8	36 5/8	36 5/8	38 5/8
D. HIP (IN)	32 1/4	34 5/8	34 5/8	37	37	38 5/8	38 5/8	40 3/8	40 3/8	42 1/8	42 1/8	44 1/8	44 1/8	46	46	48
E THIGH (IN)	19 3/4	20 5/8	20 5/8	21 5/8	22	22 1/2	22 7/8	23 3/8	23 5/8	24 1/4	24 3/8	25 1/4	25 3/8	26 1/8	26 1/8	27 1/8
F. INNER LEG (IN)	28 3/8	29 3/8	29 3/8	30 1/4	30 1/4	31 1/4	31 1/2	32 1/8	32 1/4	32 7/8	32 7/8	33 1/4	33 1/4	33 7/8	33 7/8	34 1/4
G OUTER ARM (IN)	19 3/4	20 5/8	20 5/8	21 5/8	21 7/8	22 5/8	22 7/8	23 3/8	23 5/8	24 1/4	24 1/4	24 5/8	24 5/8	25 1/4	25 1/4	25 5/8
H. HEIGHT (IN)	61 3/4	64	64	66 1/8	66 3/8	67 3/4	67 7/8	69 1/2	69 1/2	71	71	71 7/8	71 7/8	72 7/8	72 7/8	74

HOW TO MEASURE

A. CHEST

Measure around the fullest part, under the armpits, keeping the tape horizontal.

B. BUST

Measure around the fullest part of the bust, keeping the tape horizontal.

C. WAIST

Measure around the natural waist line, inline with the navel, keeping the tape horizontal.

D. HIP

Measure around the fullest part of your hips, about 20cm below waist line, keeping the tape horizontal.

E. THIGH

Measure around the thigh just below the crotch, keeping the tape horizontal.

F. INNER LEG

Stand against a wall, ask someone else to measure from the crotch to the bottom of your leg.

G. OUTER ARM

Measure from shoulder (Humerus) to wrist.

H. HEIGHT

Stand against a wall, ask someone else to measure from the floor to the top of your head, keeping the tape vertical.

