

## STEP 1: MEASURE YOURSELF

Use a measuring tape and keep it horizontal while you're measuring.

1. Chest: Measure around the fullest part, across chest points.
2. Waist: Measure around the narrowest part (typically the small of your back and where your body bends side to side).
3. Hips: Measure around the fullest part of your hips.

## STEP 2: FIND YOUR SIZE

Use the chart below to determine your size. If you're on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit. If your measurements for chest and waist correspond to two different suggested sizes, order the size indicated by your chest measurement.

### SIZE CHART

INCHES

CM

SIZE	CHEST (In.)	WAIST (In.)	HIPS (In.)
XS	34-36	27-29	34.5-36.5
S	36-38	29-31	36.5-38.5
M	38-40	31-33	38.5-40.5
L	40-42	33-36	40.5-43.5
XL	42-45	36-40	43.5-47.5
XXL	45-48	40-44	47.5-51.5