

STEP 1: MEASURE YOURSELF

- 1. Waist: Measure around the narrowest part (typically the small of your back and where your body bends side to side), keeping the measuring tape horizontal.
- 2. Hips: Measure around the fullest part of your hips, keeping the tape horizontal

STEP 2: FIND YOUR SIZE

Use the chart below to determine your size. If one of your measurements is 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 hips and waist correspond to two different suggested sizes, order the one indicated by your hip measurement.

SIZE CHART

INCHES

CM

SIZE	ALPHA SIZE	HEIGHT (in.)	AVERAGE AGE	WAIST (in.)	HIPS (in.)
8/24	S	50.5-51.5	8	24	27
10/25	S	51.5-54	10	25	28
12/26	M	54-57	12	26	30
14/27	M	57-60	14	27	32
16/28	L	60-63	16	28	34
18/29	L	63-65	18	29	35.5
20/30	XL	65-67	20	30	37