## **STEP 1: MEASURE YOURSELF**



Measure around the narrowest part (typically the small of your back and where your body bends side to side), keeping the tape horizontal.



## **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 dif ferent suggested sizes, order the one indicated by your hip measurement.

## SIZE CHART

INCHES CM

SIZE	WAIST (in.)	HIPS (in.)
20	21–23	25–27
22	23–25	27–29
24	25–27	32–34
26	27–29	34–36
28	29–31	36–38
30	31–33	38–40

32	33–35	40–42
34	35–37	42–44
36	37–39	44–46
38	39–41	46–48
40	41–43	48–50