

## HOW DO YOU MEASURE-UP?

### 1. To Measure Height:

HAVE HIM or HER stand against a wall (shoeless). Place a flat ruler across top of head to wall. Measure from that point down to the floor.

### 2. To Measure Chest or Bust:

MEASURE HIM across shoulder blades, and bring tape measure under his arms, and across his chest.

MEASURE HER across shoulder blades, and bring tape measure under her arms, and around the fullest part of her bust.

### 3. To Measure Waist:

MEASURE HIM OR HER around the smallest part of the natural waist.

### 4. TO MEASURE SEAT OR HIPS:

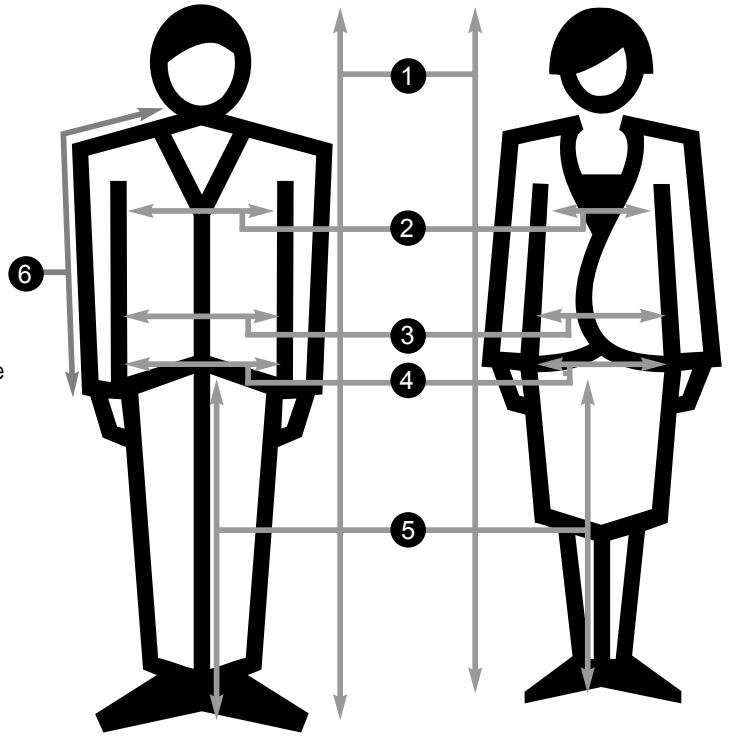
MEASURE HIM around the fullest part of his seat.  
MEASURE HER around the fullest part of her hips.

### 5. To Measure Inseam:

MEASURE HIM OR HER along the inner seam from the crotch to the bottom of leg.

### 6. To Measure Sleeve:

MEASURE HIM from bent elbow, measuring from the center of back of neck, across his shoulder, and from point of elbow to wristbone.



## SIZE CHARTS

<b>WOMEN'S</b>	XS	S	M	L	XL	2XL	3XL	4XL	5XL
SIZE	4-6	8-10	12-14	16-18	20-22	24-26	28-30	32-34	36-38
BUST	34-35	36-37	38-40	41-43	45-48	50-52	54-56	58-60	62-64
WAIST	25-26	27-28	29-31	32-34	36-39	41-43	45-47	49-51	53-55
HIP	36-37	38-39	40-42	43-45	47-50	52-54	56-58	60-62	64-66
<b>MEN'S</b>	XS	S	M	L	XL	2XL	3XL	4XL	5XL
SIZE	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64
CHEST	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64
WAIST	24-26	28-30	32-34	36-38	40-42	44-46	48-50	52-54	56-58
HIP	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58-60	60-62
NECK	13-13	14-14	15-15	16-16	17-17	18-18	19-19	20-20	21-21

UNISEX SIZING CHART — REFER TO MEN S SIZE CONVERSION CHART

## METRIC CONVERSION

CM.	36	38	41	43	46	48	51	53	56	58	61	64	66	69	71	74	76	79	81	84	86	89	91	94	97	99	102	104	107	109
IN.	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43