## FND your

## FIT

BUST
Wrap the measuring tape somewhat loosely around the fullest part of your chest (at nipple level).

WAIST
While standing straight, bend over to the front or side and make a note of where your body creases. This is your natural waist. It's the narrowest part of your torso, generally located between your rib cage and belly button.

Wrap the tape measure around the fullest part of your hips and buttocks. This is usually located 7 to 9 inches ( 17.8 to 22.9 cm ) below your natural waist.

## WOMEN

| SIZES | $\mathbf{X X S}$ | $\mathbf{X S}$ | $\mathbf{S M}$ | MD | $\mathbf{L G}$ | $\mathbf{X L}$ | $\mathbf{X X L}$ | $\mathbf{3 X}$ | $\mathbf{4 X}$ | $\mathbf{5 X}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| BUST | $32-33$ | $33-34$ | $35-36$ | $37-39$ | $40-43$ | $44-47$ | $48-49$ | $50-52$ | $53-54$ | $56-58$ |
| WAIST | $24-25$ | $25-26$ | $27-28$ | $29-31$ | $32-34$ | $35-38$ | $39-41$ | $42-44$ | $45-46$ | $48-50$ |
| HIPS | $34-35$ | $35-36$ | $37-38$ | $39-41$ | $42-45$ | $46-49$ | $50-51$ | $52-54$ | $55-56$ | $58-60$ |


| MEN / UNISEX |
| :---: |
| SIZES | Xs

