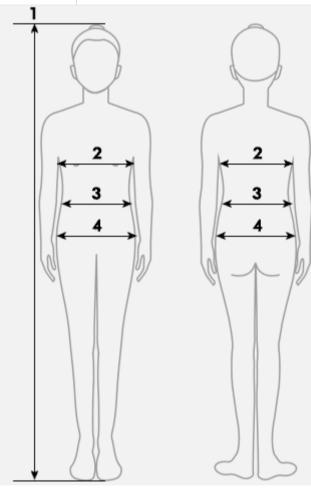


AGE RANGE	HEIGHT RANGE (CM)	BUST (CM)	WAIST (CM)	HIP (CM)
6	115-119	60	55	66
7	120-125	62	56	69
8	126-131	64	57	72
9	132-137	67	58.5	75
10	138-142	70	60	78
11	143-147	73	61.5	81
12	148-154	76	63	84
13	155-161	79	64.5	87
14	162-165	82	66	90
15	166-168	85.5	68	93



1 HEIGHT

Measure without shoes, feet together, flat on the floor. Measure from the ground to the top of the head.

2 BUST

Measured at the widest part of the chest. Pass the tape over he nipples, under the arms and around the back, keeping it norizontal to the ground all the way around.

3 WAIST

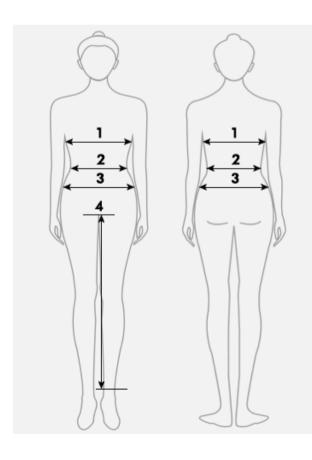
This is the natural waist. Measured at the narrowest point of he waist curve, above the hip bones, keeping the tape norizontal to the ground all the way around.

4 HIP

Measured at the fullest part of the lower body, over the auttocks, keeping the tape horizontal to the ground all the way around.

Women's Measuring chart

<u>Size</u>	<u>Bust (cm)</u>	Waist (cm)	Hip (cm)	Inside Leg (cm)
6/XXS	<u>82</u>	<u>62</u>	89	<u>80</u>
<u>8/XS</u>	<u>85</u>	<u>65</u>	92	<u>82</u>
<u>10/S</u>	<u>90</u>	<u>70</u>	97	<u>82</u>
<u>12/M</u>	<u>95</u>	<u>75</u>	102	<u>82</u>
14/L	<u>100</u>	80	107	<u>82</u>
<u>16/XL</u>	<u>107</u>	<u>87</u>	114	<u>82</u>
18/XXL	<u>114</u>	94	122	<u>82</u>



1 BUST

Measure at the fullest part of your bust, by placing the tape measure under your arms and across your shoulder blades. Remember to breathe out when taking this measurement.

2 WAIST

Measure around your natural waist. Find it by bending sideways. Note the position and measure standing up straight and relaxed.

3 HIP

Measure around the fullest part of your bottom, about 20cm below your natural waist, at the top of your legs.

4 INSIDE LEG

Measure from the crutch to the bottom of the ankle bone.

Men's Measuring chart

<u>Size</u>	To Fit Chest
87/34	<u>87cm</u>
92/36	<u>92cm</u>
<u>97/38</u>	<u>97cm</u>
102/40	<u>102cm</u>
107/42	<u>107cm</u>
112/44	<u>112cm</u>
117/46	<u>117cm</u>
122/48	<u>122cm</u>
127/50	<u>127cm</u>

