

## How to measure guide

**1. Body Height** - To measure height, it is easiest to do so against a door frame, without shoes. Measure from the top of the head to the soles of the feet.

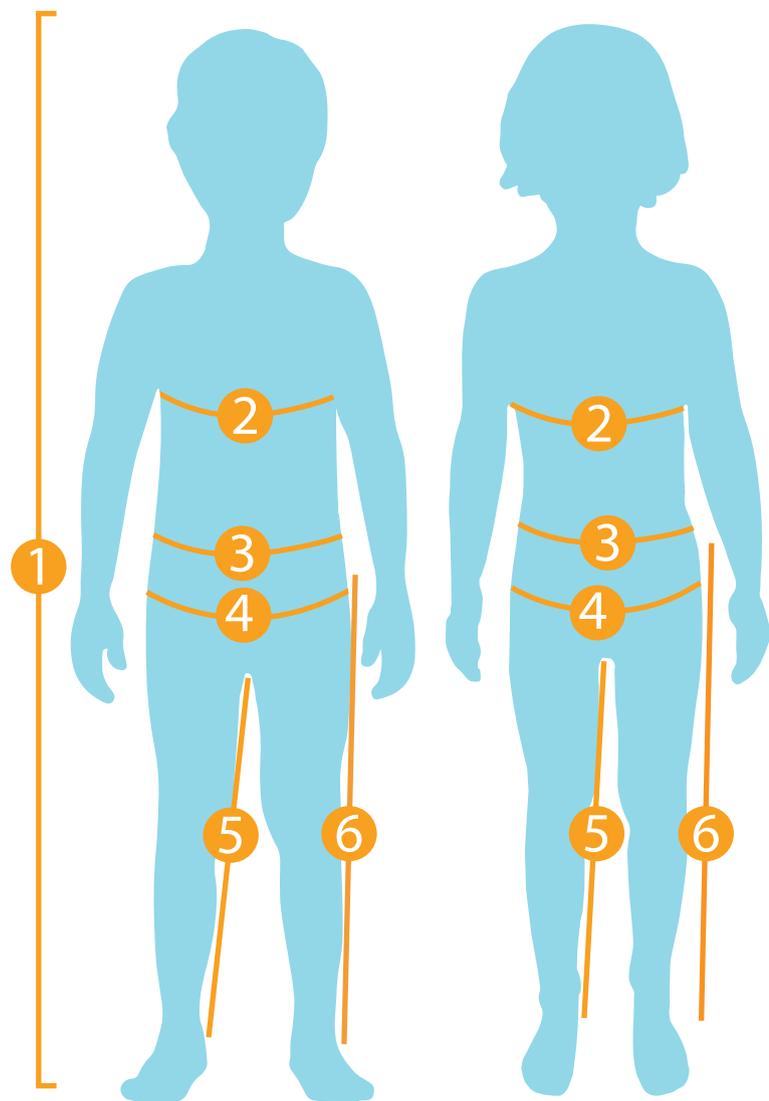
**2. Chest** - Place a tape measure loosely under the arms and around the fullest part of the chest

**3. Waist** - Place a tape measure around the narrowest point between the bottom of the ribs and the top of the hip bone. Make sure the tape is straight and snug but doesn't compress the skin. Measure after breathing out.

**4. Hips** - Follow the same instructions for the waist measurement, but make sure the tape is around the fullest part of the hips.

**5. Inside Leg** - Pull the tape to very top of the inside leg. Let the tape measure fall down and measure to the ankle.

**6. Leg Length** - Place the tape measure on the waist (see image) and let it fall to the floor.



GIRLS SIZE	2	4	6	8	10	12	14	S	M	L	XL	2XL
<b>1.Height</b>	98	108	120	130	140	150	160	165	165	170	170	175
<b>2.Chest</b>	57	60	64	68	73	77	83	88	90	93	97	100
<b>3.Waist</b>	54	56	58	60	62	64	66	69	72	75	79	83

BOYS SIZE	2	4	6	8	10	12	14	S	M	L	XL	2XL
<b>1.Height</b>	98	108	120	130	140	150	160	165	165	170	170	175
<b>2.Chest</b>	57	60	64	68	72	76	80	85	89	93	97	102
<b>3.Waist</b>	54	56	58	60	64	67	70	74	77	80	83	87