



WAIST - Located between the lowest rib and hip, identified by bending the body to the side. Measure at the navel.

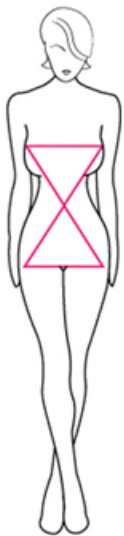
How to Measure you waist

- 1) Find smallest area of your waist. Pull tape measure tight, especially if your waist is fleshy
- 2) Find your waist measurement on the chart and determine your size.
- 3) If you are in between sizes select the smaller size
Example: Your waist measurement is 28 inches
Small 24-28 | Med 28-32
You would select the size Small

Step 1: Determine your size by your waist measurement.

	S	M	L	XL	2XL	3XL	4XL	5XL
WAIST	24 - 28	28 - 32	32 - 36	36 - 40	40 - 44	44 - 48	48 - 52	52 - 56

Step 2: Determine your body type. Use descriptions below.



HOURGLASS



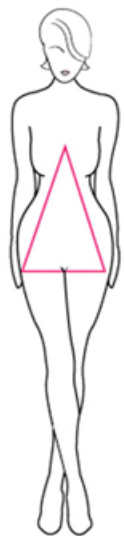
INVERTED TRIANGLE



OVAL PLUS SIZE



RECTANGLE



TRIANGLE

The Hourglass body type has bust and hips that are close in proportion. The waist area is usually smaller with a flatter stomach.

The Inverted body type has broader shoulders and bust. Usually the stomach is round and fuller. The legs and buttock are much smaller than the top area of the body.

The Oval (plus size) body type has a rounder stomach area. The bust is close in proportion to the waistline and appears to be equal. The thighs are larger and the buttock area is usually full and round.

The Rectangle body type is straight up and down. The bust, waist and hip are very close in proportion. Legs and arms are usually lean with a slightly broader back.

The Triangle body type has a smaller bust and waist compared to the hip area. The hips and thighs are usually significantly larger than the bust and waist.