

Size	XS	S	M	L	XL	2XL	3XL
Waist cm	61-64	66-69	71-76	79-86	89-97	99-107	109-117
Waist inches	24-25	26-27	28-30	31-34	35-38	39-42	43-46
Chest cm	84-86	89-91	94-99	102-109	112-119	122-130	132-140
Chest inches	33-34	35-36	37-39	40-43	44-47	48-51	52-55

### Measuring Yourself Tips - Female

#### Where you need to measure

While very few women actually have 36-24-36 measurements, the three numbers are a good reminder of where you need to measure yourself for clothes. These are the points where a woman's body usually curves in and out the most.

#### Bust/Chest

Let your arms hang naturally at your sides.

Have someone measure you with the measuring tape parallel to the ground.

Have your friend measure under your underarms, around your back and over the fullest part of your bust.

Make sure the measuring tape is snug but not tight.

#### Waist

Bend over to one side to find the spot where your waist naturally creases.

Measure this spot; it should be right under your navel.

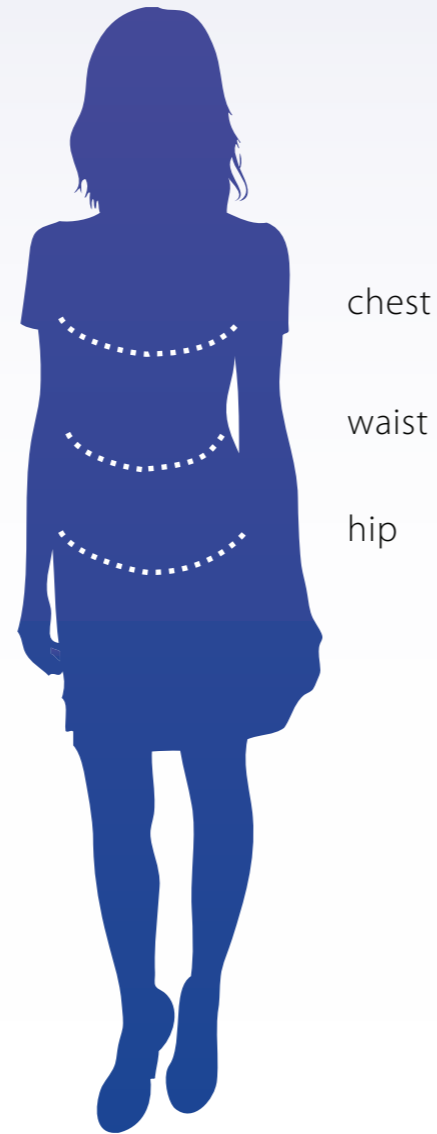
Keep the measuring tape parallel to the floor and snug against your skin, but don't pull it tight.

#### Hip

Stand up straight with your feet together.

Have a friend measure over your hips and rear, around the fullest part.

Make sure to keep the measuring tape parallel to the floor.



chest

waist

hip

### Measuring Yourself Tips - Male

#### Chest

Stand up straight with your arms hanging straight at your sides.

Have someone measure the fullest part of your chest, over your shoulder blades and under your underarms.

Keep the measuring tape parallel to the ground.

#### Waist

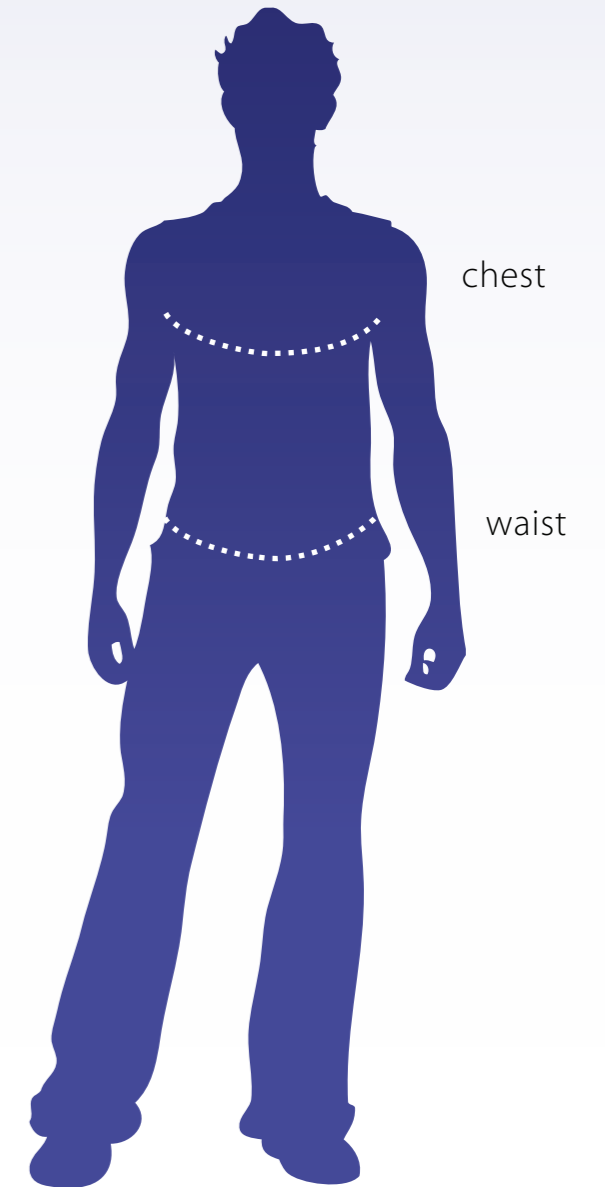
Bend over to one side to find the spot where your waist naturally creases.

Measure this spot; it should be right under your navel.

Keep the measuring tape parallel to the floor and snug against your skin, but don't pull it tight.

#### Inside Leg

Measure from the top of the inside leg at the crotch to the ankle bone.



chest

waist