

SIZE CHART

fitness size guide

	XS		SMALL		MEDIUM		LARGE		XL	XXL
SIZE	4	6	8	10	12	14	16	18	20	22
BUST	35	36	37	38	39	40	41	43	45	47
NATURAL WAIST	33	34	35	36	37	38	39	41	43	45
HIP	41	42	43	44	45	46	47	49	51	53
INSEAM	31.5	31.5	32	32	32	32	32	32	32.5	32.5

maternity size guide

	XS		SMALL		MEDIUM		LARGE		XL		XXL	
SIZE	0	2	4	6	8	10	12	14	16	18	20	22
BUST	33	34	35	36	37	38	39	40	41	43	45	47
NATURAL WAIST	31	32	33	34	35	36	37	38	39	41	43	45
HIP	39	40	41	42	43	44	45	46	47	49	51	53
INSEAM	31.5	31.5	31.5	31.5	32	32	32	32	32	32	32.5	32.5

HOW TO MEASURE

Bust

Measure under your arms at the fuller part of your bust. Keep tape level across your shoulder blades.

Natural Waist

Measure around your natural waistline, which if you bend side ways, is where your waist creases. Keep the tape comfortably loose.

Drop Waist

Measure around your body 1 1/2" below your natural waist.

Hips

Stand with your feet together and measure around the fullest part of you hips. Usually about 3" above your crotch.

Inseam

Using a pair of your pants that fit well, measure from crotch seam to bottom of leg.