

# Measurement chart

*shoes collar cup size*

*size*

***That's how you measure correctly...***

*Measure your chest girth at the biggest point of your chest. You calculate your waist circumference at the slimest point of your waist.*

*Your measure your hip size by taking measurements at the biggest point of your bottom. (only for women sizes)*

## Women Sizes

<i>chest girth (cm)</i>	<i>waist circumference (cm)</i>	<i>hip size (cm)</i>	<i>size</i>
74 - 77	61 - 63	83 - 85	32
78 - 81	62 - 64	86 - 89	34
82 - 85	65 - 67	93 - 96	36
86 - 89	68 - 71	97 - 100	38
90 - 93	72 - 75	101 - 104	40
94 - 97	76 - 79	105 - 107	42
98 - 101	80 - 84	108 - 112	44
102 - 106	85 - 89	113 - 117	46

## Men Sizes

<i>chest girth (cm)</i>	<i>waist circumference (cm)</i>	<i>size</i>
86 - 89	76	44
90 - 93	80	46
94 - 97	84	48
98 - 101	88	50
102 - 106	92	52
107 - 109	98	54
110 - 113	104	56
114 - 117	110	58
118 - 121	116	60