

# SIZING TIPS + TRICKS

*Girth is the most important measurement!*

## GIRTH

Measure from the center of one shoulder, down through crotch, and back up to same shoulder

## BUST

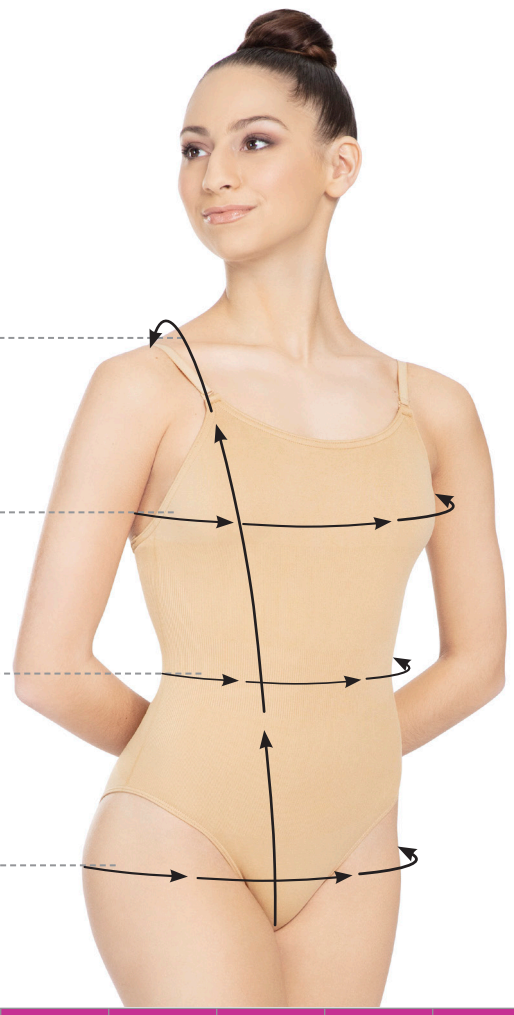
Measure around fullest part of the bust

## WAIST

Measure around natural waist

## HIPS

Measure around widest part of the hips



### FEMALE MEASUREMENTS INCHES

	XSC	SC	MC	LC	XLC	XXLC	PA	SA	MA	LA	XLA	XXLA	XXXLA
BUST	21-23	24-26	27-29	30-32	33-35	35-37	31-33	33-35	35-37	38-40	41-43	44-48	49-51
WAIST	18-20	21-22	23-24	25-26	27-30	31-34	24-26	24-26	27-29	30-32	33-35	36-42	43-50
HIPS	22-24	25-27	28-30	31-33	34-37	38-40	32-34	34-36	37-39	40-42	43-45	46-51	52-54
GIRTH	37-39	40-43	44-48	49-52	53-55	56-58	53-57	55-58	59-61	62-64	65-67	68-70	71-73
INSEAM	18	20	25	28	28	28	30	31	32	33	33	33	33

### SIZING SUGGESTIONS + HELPFUL HINTS

- Measure your dancer while they are wearing a leotard for the most accurate measurements.
- When trying to decide which sizes to order, **girth should be the most important measurement.**
- XLC and XXLC sizes are made to fit a larger child, not a petite adult.

### MALE/UNISEX MEASUREMENTS INCHES

	SC	MC	LC	XLC	SA	MA	LA	XLA
CHEST	24-26	27-30	31-33	34-36	35-37	38-41	42-45	46-48
WAIST	21-23	24-26	27-29	30-33	29-31	32-35	36-39	40-43
HIPS	26-28	29-31	32-34	35-38	36-38	39-42	43-46	47-50
GIRTH	42-46	47-51	52-56	57-60	58-61	62-65	66-68	69-71
INSEAM	22	26	28	30	32	33	34	34