

CHEST MEASURE THE DISTANCE AROUND THE LARGEST PART OF YOUR CHEST.

WAIST MEASURE THE DISTANCE AROUND YOUR WAIST, RIGHT AT YOUR BELLY BUTTON.

THIGH MEASURE THE DISTANCE AROUND ONE THIGH, APPROXIMATELY 6 INCHES BELOW YOUR INSEAM.

ARMS MEASURE THE DISTANCE AROUND YOUR UPPER ARM, 2 INCHES FROM YOUR ARMPIT.

HIPS MEASURE THE DISTANCE AROUND THE LARGEST SECTION OF YOUR HIPS OR BOOTY.

CALF MEASURE THE DISTANCE AROUND THE LARGEST SECTION OF YOUR LOWER LEG.

