

HOW TO MEASURE CORRECTLY?

# **BODY LENGTH**

Measure from the sole to the top of your head.

## CHEST

Measure all around where the chest circumference is widest.

# WAIST

Measure all around where the waist circumference is smallest

#### HIDS

Measure all around where the hips circumference is widest.

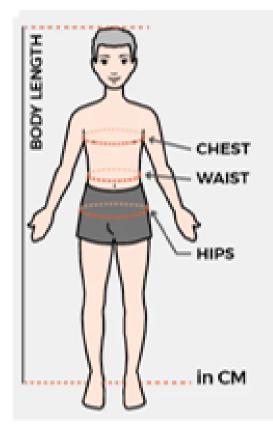
## CALF

Measure all around where the calf circumference is widest.

### FEET

Measure from the tip of the toes to the back of your heels.

Sizes are measured in centimeters



# **CHILDREN**

| Size | Chest   | Waist   | Hips    | Body<br>length |
|------|---------|---------|---------|----------------|
| 104  | 52-57   | 44-49   | 54-59   | 98-104         |
| 116  | 58-63   | 50-56   | 60-65   | 110-116        |
| 128  | 64-69   | 56 - 61 | 66 - 71 | 122 - 128      |
| 140  | 70 - 75 | 62-67   | 72-77   | 134 - 140      |
| 152  | 76 - 81 | 68-73   | 78-83   | 146 - 152      |
| 164  | 82-87   | 74 - 79 | 84-89   | 158 - 164      |
| 176  | 88-93   | 80-85   | 90-95   | 170 - 176      |
|      |         |         |         |                |

How to measure correctly? See instructions above.