

# BETTER BODIES WOMENS SIZE GUIDELINE

## MEASURE YOUR BODY

- Use a measuring tape for the below measurements.
- Body measurements are listed in centimeters and inches.
- If your body measurement is on the borderline of two sizes, order the smaller size for a tighter fit or the larger size for a looser fit.
- If your body measurements for your chest and waist results in two different suggested sizes, order the size that fits your chest measurement.

### WAIST

Measure around the narrowest part of your waist, keeping the tape horizontal.

### CHEST

Measure around the fullest part of your chest (approx. 2,5cm / 1 inch down from armpit) and back while keeping the tape horizontal.

### SEAT

Measure around the fullest part of your rear while keeping the tape horizontal.

### INSEAM

Measure along your leg from crotch down to floor, while standing straight (use the help of a friend).

cm	XS	S	M	L
Height	156-162	162-168	168-174	174-180
Chest	86	92	98	104
Waist	62	68	74	80
Seat	84	90	96	102
Inseam	80	81	82	83

inch	XS	S	M	L
Height	5.1-5.3	5.3-5.5	5.5-5.7	5.7-5.9
Chest	33 6/7	36 2/9	38 4/7	41
Waist	24 2/5	26 7/9	29 1/8	31 1/2
Seat	33 1/9	35 3/7	37 4/5	40 1/6
Inseam	31 1/2	31 8/9	32 2/7	32 2/3

## DISCLAIMER

All of the above are guidelines to assist you in finding your correct size. In the end it is always up to you to decide what size to choose based on what you are most comfortable in.

