## How To Measure

Take the measurements while wearing a singlet and shorts

* Do not mearesure wearing street clothing


## Girth

All the way around the torso

## Chest

Widest part of chest, all the way around

## Waist

Widest part of waist, all the way around

## Hips

Widest part of hips, all the way around


From waist to the Floor

