

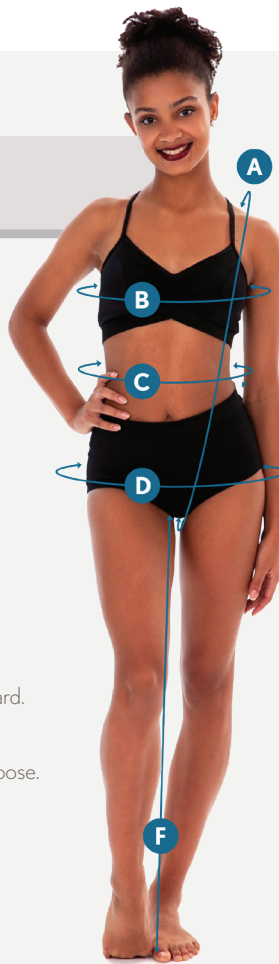
HOW TO MEASURE

DETERMINE SIZES

- When you're between sizes, we recommend selecting the larger size. This will allow for more growing room.
- Our garments are meant to be form-fitting and hug the body, unless the pattern is specifically made to be looser.
- For a video on how to measure with step by step instructions, visit our website at www.thelineup.com/sizing

MEASURING TIPS

- Measure over a form-fitting garment such as a leotard or biketard.
- Be consistent. Have the same person take all measurements.
- The tape measure should be snug. Do not pull tightly or hang loose.
- Measurements must be accurate to determine correct size.



A. TORSO GIRTH

Place tape measure starting at center of shoulder down to the torso, through legs, up the back, meeting the tape measure at the shoulder. This is one of the most important measurements for determining leotard, unitard and biketard size.

B. BUST/CHEST

Stand with arms down and measure around the torso at the fullest part of back and bust.

C. WAIST

Measure around the narrowest part of natural waistline.

D. HIPS

With feet together measure the fullest part of your hips.

F. INSEAM

Measure from inside the upper leg from the crotch to the floor.

CHILDREN	STANDARD SIZES		4	6	8	10	12	14	16	18
	BUST/CHEST		22-21	23-24	25-26	27-29	29-30	30-32	32-33	34-35
	WAIST		19-20	21-22	22-23	23-24	25-26	26-27	28-31	31-33
	HIPS		22-24	25-26	27-28	29-30	30-31	32-33	34-36	36-38
	TORSO GIRTH		38-41	41-42	42-46	47-48	49-50	52-53	54-55	56-57
	PANT INSEAM		4	6	8	10	12	14	16	18
	STANDARD		20	22	24	26	27	28	29	30
	LONG		22	24	26	29	30	31	32	33

WOMENS	STANDARD SIZES		XXS	XS	S	M	L	XL	XXL
	BUST/CHEST		31	32	33	35	36	38	40
	WAIST		23-24	24-25	25-26	26-27	28-30	31-32	33-34
	HIPS		31-32	33-34	35-36	36-37	38-39	40-41	43-45
	TORSO GIRTH		52-53	54-55	56-57	58-59	60-61	60-63	64-65
	PANT INSEAM		XXS	XS	S	M	L	XL	XXL
	STANDARD		32	32	32	32	32	32	32
	LONG		35	35	35	35	35	35	35