

**IGAS** 

## Outline the measuring tape around the widest part of your thigh, located just below the buttocks.

## Compare your measurements with this chart.

Slide the scroll bars to see more measurements and sizes

SIZE	HIP	THIGH
27	86-90	47.8 - 49.4
29	93-95	51-52.6
30	95-97	52.6-54.2
31	97-99	54.2-55.8
32	98-102	55.8-57.4



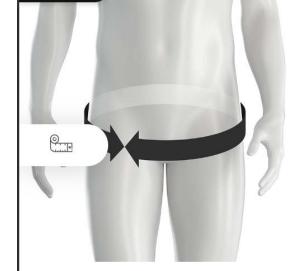




## Compare your measurements with this chart.

Slide the scroll bars to see more measurements and sizes

SIZE	HP	THIGH
33	102-108	57.4-59
34	108-112	59 - 60.6
36	112-116	60.6-63.8
38	116-120	63.8-67
40	120-124	67-70.2
42	124-128	70.2-73.4



Outline with the tape measure the "wider" region below the waist, running parallel to the highest part of the glutes.

FIND YOUR SIZE