

All measurements listed in inches

ALPHA	SIZE	WAIST	HIPS
<b>XXS</b>	27	27-28	33-34
	28	28-29	34-35
<b>XS</b>	29	29-30	35-36
	30	30-31	36-37
<b>S</b>	31	31-32	37-38
	32	32-33	38-39
<b>M</b>	33	33-34	39-40
	34	34-35	40-41
	35	35-36	41-42
	36	36-37	42-43
<b>L</b>	37	37-38	43-44
	38	38-39	44-45
	39	39-40	45-46
	40	40-41	46-47
<b>XL</b>	42	42-43	47-48
	44	44-45	48-49
	46	45-46	49-50
<b>2X</b>	48	47-48	50-51
	50	49-50	51-52
<b>3X</b>	52	51-52	52-53
	54	53-54	53-54
	56	55-56	54-55
<b>4X</b>	58	57-58	55-56
	60	59-60	56-57
	62	61-62	57-58
	64	63-64	58-59
	66	65-66	59-60
	68	67-68	60-61

## HOW TO MEASURE

**TIPS:** If you don't have a measuring tape, use a piece of string and hold it alongside a ruler. For the best fit, we recommend you measure without clothing on.

### 1 WAIST

Measure your waist where you normally wear your pants (Subtract 1" if you're measuring over clothes).

### 2 HIPS

Stand with heels together and measure around the fullest point of your hips, keeping the tape parallel to the floor.

### 3 INSEAM

Measure the distance vertically, from top of inner thigh to floor, without wearing shoes.

