

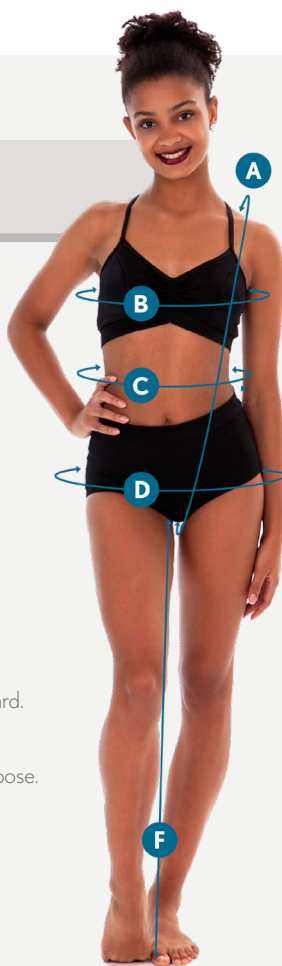
HOW TO MEASURE

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
BUST/CHEST	22-21	23-24	25-26	27-29	29-30	30-32
WAIST	19-20	21-22	22-23	23-24	25-26	26-27
HIPS	22-24	25-26	27-28	29-30	30-31	32-33
TORSO GIRTH	38-41	41-42	42-46	47-48	49-50	52-53

PANT INSEAM

	4	6	8	10	12	14
STANDARD	20	22	24	26	27	28
LONG	22	24	26	29	30	31

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