## SIZE GUIDE

## BODY MEASUREMENT GUIDE

Fashion Biz apparel sizes are designed to fit average industry standards for the below body measurements. Please use this handy Body Measurement Guide to compare your own measurements and help you determine which size to order.

## GARMENT TO GARMENT COMPARISON

An alternate method is to compare your own garment size to ours. You can do this by measuring the $1 / 2$ chest of your garment (layed flat, measured 0.5 in below the sleeve join, from side seam to side seam) and compare it to ours. Please refer to the individual garment measurements, shown on each style page, to determine your garment to garment size comparison.

A. NECK Measure around the middle of your neck at collar level, keeping the tape loose to make allowance for comfort.
B. CHEST Measure under your arms and across shoulder blades, around the fullest part of your chest. Hold one finger between body and tape.
C. WAIST
Measure around your natural waistline while holding one finger between body and tape, at the position your pants would normally sit.

| MENS TOP SIZE | XXS | XS | S | M | L | XL | 2XL | 3XL | 4XL | 5XL | 6XL |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| CHEST (CM) | 87 | 92 | 97 | 102 | 107 | 112 | 117 | 122 | 127 | 132 | 137 |  |  |  |
| NECK (CM) | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 |  |  |  |
| MENS BOTTOM SIZE | 72 | 77 | 82 | 87 | 92 | 97 | 102 | 107 | 112 | 117 | 122 | 127 | 132 | 137 |
| MENS ALPHA SIZE | XXS | XS | S | M | L | XL | 2XL | 3XL | 4XL | 5XL |  |  |  |  |
| WAIST (CM) | 72 | 77 | 82 | 87 | 92 | 97 | 102 | 107 | 112 | 117 | 122 | 127 | 132 | 137 |
| WAIST (IN) | 28 | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 |


A. BUST Measure under your arms and across shoulder blades, around the fullest part of your bust. Hold one finger between body and tape
B. WAIST Measure around your natural waistline while holding one finger between body and tape. This is the smallest part of your waist
C. HIP Measure around fullest part of your hips while standing naturally

| WOMENS SIZE | 4 | 6 | 8 | 10 | 12 | 14 | 16 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| WOMENS ALPHA SIZE | XXS | XS | XS - S | S | M | L | L-XL |
| BUST (CM) | 75-77 | 78-82 | 83-87 | 88-92 | 93-97 | 98-102 | 103-108 |
| WAIST (CM) | 57-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-90 |
| HIP (CM) | 84-86 | 87-91 | 92-96 | 97-101 | 102-106 | 107-111 | 112-117 |
| WOMENS SIZE | 18 | 20 | 22 | 24 | 26 | 28 | 30 |
| WOMENS ALPHA SIZE | XL | 2XL | 3XL | 4XL | 5XL |  |  |
| BUST (CM) | 109-114 | 115-119 | 120-124 | 125-129 | 130-134 | 135-139 | 140-144 |
| WAIST (CM) | 91-96 | 97-101 | 102-106 | 107-111 | 112-116 | 117-121 | 122-126 |
| HIP (CM) | 118-123 | 124-128 | 129-133 | 134-138 | 139-143 | 144-148 | 149-153 |


A. HEIGHT Measure from the top of the head to the floor, keeping a straight posture.
B. CHEST Measure under your arms around the fullest part of your chest, keeping the measuring tape horizontal.
C. WAIST Measure around your natural waistline holding one finger between tape measure and body.

| KIDS SIZE | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| KIDS ALPHA SIZE | XS |  | S |  | M |  | L |  |
| HEIGHT (CM) | 99-104 | 105-110 | 111-122 | 123-128 | 129-140 | 141-152 | 153-158 | 159-170 |
| CHEST (CM) | 55.5-57 | 57.5-59 | 59.5-63 | 63.5-66 | 66.5-72 | 72.5-78 | 78.5-82 | 82.5-89 |
| WAIST (CM) | 53-54 | 54.5-55.5 | 56-58.5 | 59-61 | 61.5-66 | 66.5-71 | 71.5-73.5 | 74-77.5 |

All measurements in this catalogue are approximate and are for reference only. Our size charts are a guide only and sizing may vary according to the style, fabric and fit of the actual garment. Waist specifications are measured at the natural waist which are to be considered even though garments will generally fit lower.

