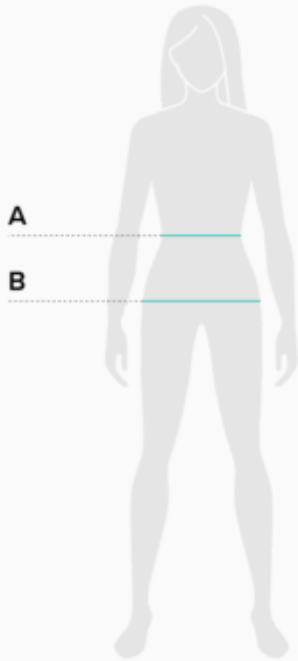




PHYSTEP



FOR ALL HORIZONTAL MEASUREMENTS, PLEASE KEEP THE TAPE MEASURE PARALLEL TO THE GROUND.

A - WAIST

PLACE THE TAPE ON THE NARROWEST PART OF THE WAIST AND MEASURE AROUND.

B - HIPS

PUT THE BEGINNING OF THE TAPE MEASURE ON ONE HIP AND BRING THE TAPE ACROSS THE FULLEST PART OF THE HIPS BACK TO WHERE YOU STARTED MEASURING.

CM	WAIST (CM) FROM - UNTIL		HIPS (CM) MAX
XS	58	66	88
S	67	74	92
M	75	80	96
L	81	86	104
XL	87	92	112

INCHES	WAIST (INCH) FROM - UNTIL		HIPS (INCH) MAX
XS	22.8	26.3	34.6
S	26.4	29.1	36.2
M	29.2	31.5	37.8
L	31.6	34	40.1
XL	34.1	36.2	44