



WOMEN'S				
LJI Size	BUST	WAIST	HIP	
X-SMALL (0-2)	31-33	24-26	32-34	
SMALL (4-6)	34-36	27-29	35-37	
MEDIUM (8-10)	37-39	30-32	38-40	
LARGE (12-14)	40-41	33-34	41-42	
X-LARGE (16-18)	42-44	35-37	43-45	
2X-LARGE (20-22)	45-48	38-45	46-51	
3X-LARGE (22+)	49-52	46-49	52-55	

MEN'S				
LJI Size	CHEST	WAIST	HIP	
X-SMALL	32-34	27-29	32-34	
SMALL	35-37	30-32	35-37	
MEDIUM	38-40	33-35	38-40	
LARGE	41-43	36-38	41-43	
X-LARGE	44-46	39-41	44-46	
2X-LARGE	47-49	42-44	47-49	
3X-LARGE	50-52	45-47	50-52	

## **MEASUREMENT TIPS**

SELECT SHIRT SIZE BASED ON YOUR LARGEST MEASUREMENT
MEASUREMENTS SHOWN IN CHART REPRESENT BODY MEASUREMENTS. USE A
FABRIC MEASURING TAPE AND MEASURE AS FOLLOWS:

**CHEST/BUST:** LIFT ARMS SLIGHTLY AN MEASURE AROUND FULLEST PART OF CHEST/BUST.

**WAIST:** MEASURE AROUND THE SMALLEST PART OF YOUR TORSO. **HIP:** STAND WITH YOUR HEELS TOGETHER AND MEASURE AROUND THE FULLEST AREA OF YOUR HIP.