

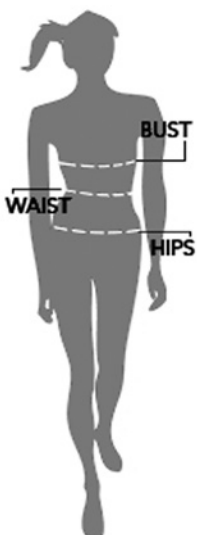
Barco Size Guide



Women's										
	00	0-2	4-6	8-10	12-14	16-18	20-22	24-26	28-30	32-34
Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Bust	29-30	31-32	33-35	36-38	39-41	42-44	45-48	49-52	53-56	57-60
Waist	21½-22½	23½-25½	25½-27½	28½-30½	31½-33½	34½-36½	37½-40½	41½-44½	45½-48½	49½-52½
Hip	31½-32½	33½-35½	35½-37½	38½-40½	41½-43½	44½-46½	47½-50½	51½-54½	55½-58½	59½-62½

Men's										
Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
	29-31	32-34	35-37	38-40	42-44	46-48	50-52	54-56	58-60	62
Chest	29-31½	32-34½	35-37½	38-40½	42-44½	46-48½	50-52½	54-56½	58-60½	62-64½
Waist	23-25½	26-28½	29-31½	32-34½	36-38½	40-42½	44-46½	48-50½	52-54½	56-58½

Measuring Yourself Tips - Female



Where you need to measure

While very few women actually have 34-26-36 measurements, the three numbers are a good reminder of where you need to measure yourself for clothes. These are the points where a woman's body usually curves in and out the most.

Bust/Chest

Let your arms hang naturally at your sides. Have someone measure you with the measuring tape parallel to the ground. Have your friend measure under your underarms, around your back and over the fullest part of your bust. Make sure the measuring tape is snug but not tight.

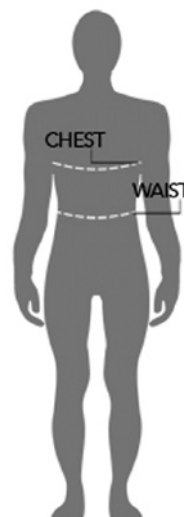
Waist

Bend over to one side to find the spot where your waist naturally creases. Measure this spot; it should be right under your navel. Keep the measuring tape parallel to the floor and snug against your skin, but don't pull it tight.

Hip

Stand up straight with your feet together. Have a friend measure over your hips and rear, around the fullest part. Make sure to keep the measuring tape parallel to the floor.

Measuring Yourself Tips - Male



Chest

Stand up straight with your arms hanging straight at your sides. Have someone measure the fullest part of your chest, over your shoulder blades and under your underarms. Keep the measuring tape parallel to the ground.

Waist

Bend over to one side to find the spot where your waist naturally creases. Measure this spot; it should be right under your navel. Keep the measuring tape parallel to the floor and snug against your skin, but don't pull it tight.

Inside Leg

Measure from the top of the inside leg at the crutch to the ankle bone.