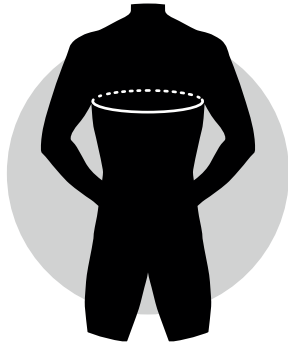


1

CHEST CONTOUR:

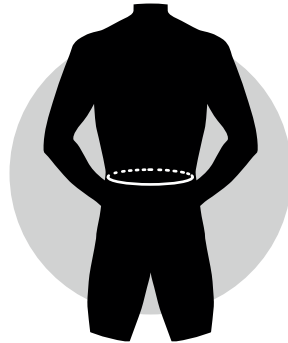
Extend your arms and round chest area just underneath and measure it.



2

WAIST CONTOUR:

Measure waist contour underneath the belly button.



3

HIP CONTOUR:

Put your legs together and measure by the widest parts of the hip.



SIZES

EUROPE	ALPHA
40-42	XS
44-46	S
48-50	M
52-54	L
56-58	XL
60-62	2XL
64-66	3XL
68-70	4XL
72-74	5XL

MEASUREMENTS

CHEST (CM)	WAIST (CM)	HIP (CM)
79 - 83	76 - 84	77 - 83
84 - 88	85 - 92	84 - 92
89 - 96	93 - 100	92 - 100
97 -104	101 - 108	100 - 108
105 -112	109 - 116	108 - 116
113 -120	117 - 124	116 - 128
121 -128	125 - 132	128- 136
129 - 136	133 - 140	136 - 144
137 -144	141 - 148	144 - 152