

How To Measure Yourself For A Body Shaper

For best results, use a full-length mirror and/or have a partner to help you. The measuring tape should be kept horizontal all around the body. Pull the tape taut, but not too tight! Take several measurements to ensure accuracy.

Under-Bust

Measure at the torso about an inch under the breasts

Waist

Measure at the slimmest part of the waist, just under the ribcage and a few inches above the belly

Hips

Measure at the widest part of the hips





ELITE BODY SHAPERS

Elite Body Shapers Measuring Guide

Use This Chart For Everything Except Men's Tank Tops

	2XP 28	XP 30	P 32	S 34	M 36	L 38	XL 40	2XL 42	3XL 44
UNDERBUST ↓	24-26	26-28	28-30	30-33	33-36	36-39	39-42	42-45	45-48
WAIST ↓	20-22.5	22.5-25	25-27.5	27.5-31	31-35.5	35.5-40.5	40.5-44	44-48.5	48.5-53
HIP ↓	30-32	32-35	35-38	38-41	41-45	45-49	49-53	53-57	57-67

Use This Chart For Men's Tank Tops

SIZE	Small	Medium	Large (38)	X-Large (40)	2X-Large (42)
WAIST (Inches)	33-35	35-37	37-39	39-41	41-43
CHEST (Inches)	37-39	39-41	41-43	43-45	45-47