

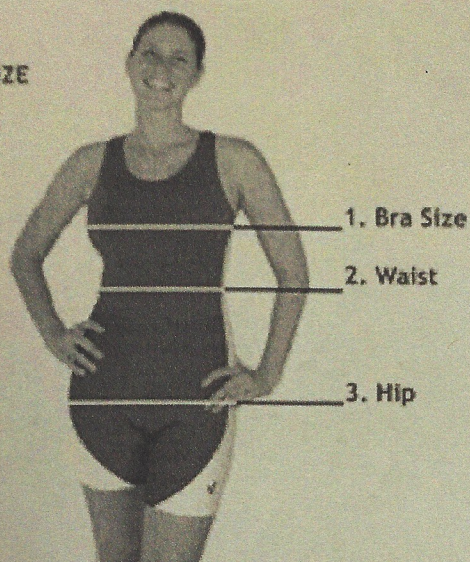
**The illustration below shows how and where to measure for accurate sizing.**

**USE A MEASURING TAPE, AND  
DONT FORGET TO GIVE US HEIGHT AND WEIGHT!!!!**

**1. BRA SIZE**  
GIVE US YOUR BRA SIZE  
WITH CUP, ie 36B

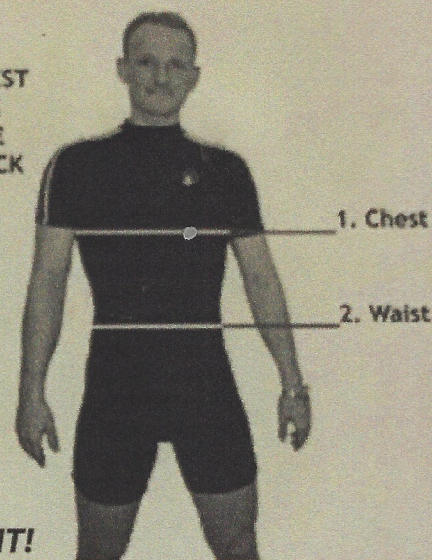
**2. WAIST**  
MEASURE AROUND  
NATURAL WAISTLINE,  
THE NARROWEST  
PART

**3. HIP**  
MEASURE AT WIDEST  
PART



**1. CHEST**  
MEASURE AROUND FULLEST  
PART, PLACE TAPE CLOSE  
UNDER ARMS, MAKE SURE  
TAPE IS FLAT ACROSS BACK

**2. WAIST**  
MEASURE AROUND  
NATURAL WAIST



**GUYS...  
DO NOT GIVE US  
YOUR JEAN SIZE!!!  
WE NEED ACTUAL  
WASIT MEASUREMENT!**

## **Notes**

- Key measurements for women are: height, weight, hip, and bra size (including cup).
- Key measurements for men are: height, weight, waist and chest.
- Body Comments that make a difference in sizing are: Long- (or short-) waisted; Very long legs; Huge thighs; Barrell-chested; Swimmer's back.

### **Known existing JL Size or Stock Size**

- If you/your athletes know your JL size and are happy with it, please fill these columns in on our sizing sheet. In this case, do not fill in any measurements, this will only confuse us, and we'll have to call your to ask which to use!
- Important to notice that top and bottom sizes of unisuits can be different. Be sure and check the size tag for each.
- If it suits your team to hold stock sizes (Small, Medium, Large, for example), our staff can recommend typical size breakdowns based on your team type.

**Call with any questions! We are happy to help  
explain or walk you through the instructions**

**1-800-831-3305**