

Sizing Chart For MOTIONWEAR Products

Use these charts for sizing Motionwear products. All sizes are measured in inches.

Dance Apparel Sizes

| Child | Chest | Waist | Hips | Girth |
|------------|-------|-------|-------|-------|
| XSC (2-3) | 19-20 | 18-19 | 19-20 | 35-37 |
| SC (4-6) | 20-21 | 18-20 | 21-22 | 37-39 |
| IC (6x-7) | 22-24 | 20-21 | 23-25 | 40-43 |
| MC (8-10) | 25-27 | 21-23 | 26-28 | 44-48 |
| LC (12-14) | 26-29 | 23-25 | 29-31 | 49-52 |

| Adult | Chest | Waist | Hips | Girth |
|-------|-------|-------|-------|-------|
| PA | 30-32 | 23-25 | 31-34 | 51-54 |
| SA | 30-33 | 23-26 | 33-35 | 54-57 |
| MA | 34-37 | 25-28 | 35-38 | 57-60 |
| LA | 37-41 | 28-32 | 38-42 | 61-64 |
| XLA | 41-43 | 32-35 | 42-45 | 64-67 |

Plus Sizes

Some styles are available in 1X, 2X, and 3X sizes. These are proportionately larger following our size charts. These Plus sizes have their own special style number. Order using those numbers.

| PlusSize | Chest | Waist | Hips | Girth |
|----------|-------|-------|-------|-------|
| 1X | 43-45 | 36-39 | 45-48 | 67-70 |
| 2X | 45-48 | 39-43 | 48-51 | 70-73 |
| 3X | 48-50 | 43-46 | 51-54 | 73-76 |

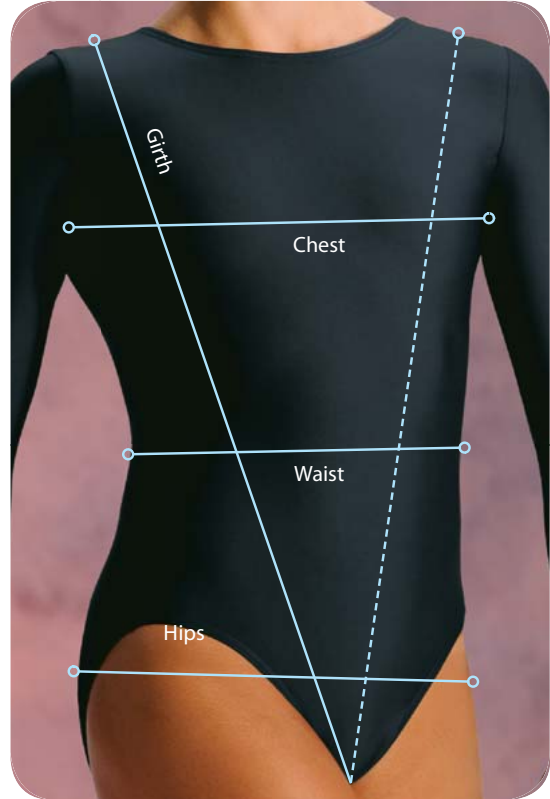
Men's Sizes

Men's styles come in Small (SA), Medium (MA), and Large (LA). Here are the general guidelines for sizing.

| Men's | Chest | Waist | Hips | Girth |
|-------|-------|-------|-------|-------|
| SA | 35-37 | 28-31 | 35-37 | 59-62 |
| MA | 37-40 | 31-33 | 37-40 | 62-65 |
| LA | 40-43 | 33-35 | 40-43 | 64-67 |

Motion4Life Apparel Sizes

| Adult | Bust | Waist | Hips |
|-------|---------|---------|---------|
| PA | 33½-34 | 26-26½ | 35-36 |
| SA | 34½-35½ | 27½-28½ | 37-38 |
| MA | 36½-37½ | 29½-30½ | 39-40 |
| LA | 39-40½ | 32-34 | 41½-43 |
| XLA | 42-44 | 36-39 | 44½-46½ |



Gymnastics Apparel Sizes

| Child | Chest | Waist | Hips | Girth |
|------------|-------|-------|-------|-------|
| XSC (3-4) | 20-23 | 18-20 | 21-23 | 37-39 |
| SC (5-6) | 22-24 | 19-21 | 22-24 | 40-42 |
| IC (6x-7) | 24-26 | 20-22 | 24-26 | 43-45 |
| MC (8-10) | 26-28 | 22-24 | 26-28 | 46-48 |
| LC (10-12) | 28-30 | 24-25 | 28-30 | 49-51 |

| Adult | Chest | Waist | Hips | Girth |
|-------|-------|-------|-------|-------|
| PA | 31-34 | 25-27 | 31-34 | 52-55 |
| SA | 34-36 | 27-28 | 34-36 | 56-59 |
| MA | 36-38 | 28-29 | 36-38 | 59-62 |
| LA | 37-40 | 29-30 | 37-40 | 62-64 |
| XLA | 39-42 | 30-31 | 39-42 | 64-66 |