



Destira Size Chart

Great West Gym Fest 2010

Size	Chest	Waist	Hips	Torso
Child XXS	22—23"	17 1/2—19"	20 1/2—21"	38—40"
Child XS (5/6)	23—25"	18 1/2—20"	21 1/2—23"	40—43"
Child S (6x/7)	25—26"	20—20 1/2"	23—24 1/12"	43 1/2—45"
Child M (8/10)	26—27 1/2"	21—22 1/2"	24—25 1/2"	45 1/2—47"
Child L (10/12)	27—28 1/2"	22—23"	25—26 1/2"	47—49"
Junior	28—30"	19 1/2—21"	27 1/2—29"	51—52 1/2"
Adult XS	29 1/2—31"	21 1/2—23"	29—30 1/2"	52 1/2—54"
Adult S	30 1/2—33"	22 1/2—24"	30 1/2—32"	54—55 1/2"
Adult M	32 1/2—33 1/2"	24—25 1/2"	32—33"	56—57 1/2"
Adult L	34—35"	25 1/2—26 1/2"	33 1/2—35"	57—59"
Adult XL	35—36"	26 1/2—28"	35—36"	59—61"

How to Measure

1. Chest Measurement: taken with a deep breath, arms held out at shoulder height. Go directly over shoulder blades on back.
2. Waist Measurement: taken at natural waistline, on or around belly-button.
3. Hip Measurement: take around the fullest part of the buttocks
4. Torso Measurement: taken from the center of the shoulder, down the front, between the legs, and up the back to the starting point.

If your child measures at the high end of one size, we recommend buying the next larger size. If in doubt, the torso measurement is the most important determining factor.

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