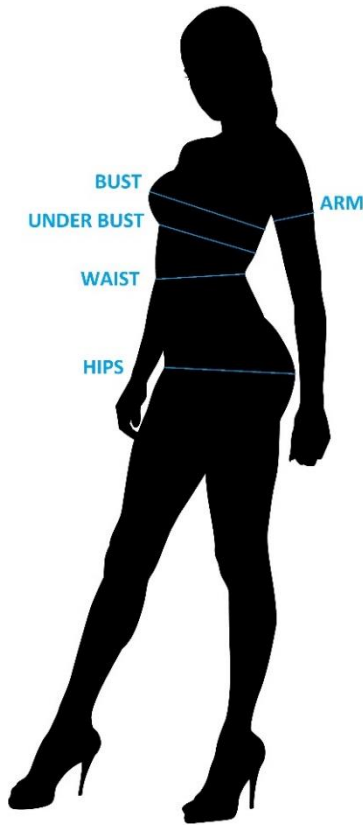


## Diamond polewear size chart



**BUST.** Place one end of the tape measure at the fullest part of your bust and wrap it around your body to get the measurement, keeping the tape parallel to the floor.

**UNDER BUST.** Wrap tape so that it rests just under your bust, where your bra band would sit (just next to your ribs).

**WAIST.** Find the narrowest part of your waist, located above belly button and below your rib cage.

**HIPS.** Stand with your hips together and measure the fullest part of your hips. Be sure to go over your buttocks as well.

**ARM.** Wrap the measuring tape around the fullest part of your arm (around biceps part).

**While during all measurements ensure that the tape is consistently level and that you are not wrapping the tape to tightly.**

**Padded bra top**

	XS		S		M		L		XL	
	34		36		38		40		42	
	CM	IN	CM	IN	CM	IN	CM	IN	CM	IN
<b>Bust</b>	75-83	29-32	84-91	33-36	91-98	37-40	99-106	41-44	107-114	45-48
<b>Under bust</b>	59-65	23-26	66-72	27-30	73-79	31-34	80-86	35-38	87-93	39-42

**High/low waist shorts**

	XS		S		M		L		XL	
	34		36		38		40		42	
	CM	IN	CM	IN	CM	IN	CM	IN	CM	IN
<b>Waist</b>	53-60	20-23	61-68	25-27	69-76	28-31	77-84	32-35	85-92	36-39
<b>Hips</b>	76-83	30-33	84-91	34-37	92-99	38-41	100-107	42-45	108-115	46-49

**Crop top**

	XS		S		M		L		XL	
	34		36		38		40		42	
	CM	IN	CM	IN	CM	IN	CM	IN	CM	IN
<b>Bust</b>	75-83	29-32	84-91	33-36	91-98	37-40	99-106	41-44	107-114	45-48
<b>Under bust</b>	53-58	21-23	59-64	24-26	65-70	27-29	71-76	30-32	78-83	33-35
<b>Arm</b>	21-24	8-10	25-28	11-13	29-32	14-16	33-36	17-19	37-40	20-22

**Leggings**

	XS		S		M		L		XL	
	34		36		38		40		42	
	CM	IN	CM	IN	CM	IN	CM	IN	CM	IN
<b>Waist</b>	60-64	23-25	64-68	25-27	68-72	25-28	72-76	28-30	76-80	30-32
<b>Hips</b>	86-92	34-36	92-96	36-38	96-100	38-39.50	100-104	39.50-41	104-108	41-43

**Bodysuit**

	XS		S		M		L		XL	
	34		36		38		40		42	
	CM	IN	CM	IN	CM	IN	CM	IN	CM	IN
<b>Bust</b>	75-83	29-32	84-91	33-36	91-98	37-40	99-106	41-44	107-114	45-48
<b>Waist</b>	53-60	20-23	61-68	25-27	69-76	28-31	77-84	32-35	85-92	36-39
<b>Hips</b>	76-83	30-33	84-91	34-37	92-99	38-41	100-107	42-45	108-115	46-49
<b>Arm</b>	21-24	8-9	25-28	10-11	29-32	12-13	33-36	14-15	37-40	16-17

The size corresponds to your height (from 166cm up to 178cm). If your height is less than 165cm, please consider taking an item of smaller size, and if it is higher than 179cm, then you may want to choose a larger size. **If you have any questions please contact us by email [info@diamondpolewear.com](mailto:info@diamondpolewear.com)**