

# DREAMLIGHT WOMEN'S SIZING CHARTS

(All Measurements are in INCHES)

## Leotards

	2-4	4-6	6x-7	8-10	10-12	12-14	ADXS	ADS	ADM	ADL	ADXL
Girth	34" - 36"	37" - 41"	41" - 44"	44" - 47"	47" - 50"	50" - 53"	54" - 57"	57" - 59"	59" - 62"	62" - 64"	63" - 65"
Chest	19" - 22"	20" - 23"	22" - 24"	24" - 27"	26" - 28"	28" - 30"	31" - 34"	34" - 36"	36" - 38"	37" - 40"	39" - 42"
Waist	16" - 18"	18" - 19"	19" - 21"	21" - 23"	22" - 24"	24" - 25"	25" - 27"	27" - 28"	28" - 29"	29" - 30"	30" - 33"
Hip	17" - 20"	21" - 23"	22" - 24"	24" - 26"	25" - 27"	28" - 30"	31" - 34"	34" - 36"	36" - 38"	37" - 40"	40" - 43"
Sleeve (from Underarm)	12¼"	13¼"	14"	14¾"	15¾"	16½"	17¼"	18"	18¾"	19½"	20¼"
Sleeve (from Shoulder)	14¼"	15¼"	16¼"	17¼"	18¼"	19½"	20¼"	21¼"	22"	22¾"	23½"
Biceps (1.5" below Armpit)	6½ - 7"	7 - 7½"	7½ - 8"	8 - 8½"	8½ - 9"	9 - 9½"	9½ - 10"	10 - 11"	11 - 11½"	11½ - 12½"	12½ - 13"

## Warm-Ups

	CXXS	CXS	CS	CM	CL	ADXS	ADS	ADM	ADL	ADXL
Chest	26" - 28"	28" - 30"	30½" - 32¼"	32½" - 34¼"	34½" - 36"	36¼" - 38"	38¼" - 40¼"	40½" - 42¼"	42½" - 44¼"	44½" - 46"
Underarm	12½"	13½"	14¾"	15¾"	16½"	17"	17¾"	18½"	19¼"	19¾"
Shoulder to Waist	16"	17¼"	18¼"	19¼"	20¼"	21¼"	22"	23"	24½"	25"
Length (Jackets)	14½"	15½"	16½"	17½"	18½"	19½"	20½"	21½"	22½"	23½"
Inseam (Pants)	19"	21½"	23½"	25½"	27½"	28½"	30"	31½"	33½"	35"
Waist (Pants)	16 - 19"	19 - 21"	20 - 23"	21 - 25"	22 - 27"	23 - 28"	25 - 29"	26 - 30"	27 - 32"	28 - 33"

## HOW TO MEASURE

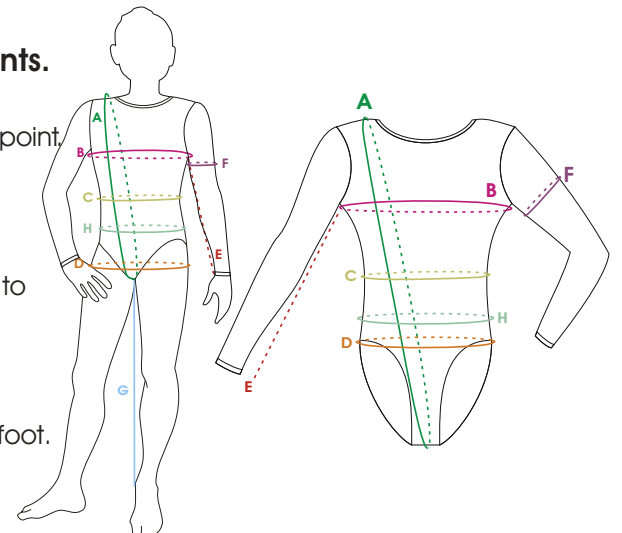
The First step in finding the perfect fit is taking the correct measurements.

Measurements should be taken wearing a leotard (long sleeve if possible).

- A. Girth:** Taken from the shoulder, down the front, through the crotch, and up the back to the starting point.
- B. Chest:** Taken with a deep breath, arms out to the side.
- C. Waist:** Taken at the natural waistline (narrowest part of torso).
- D. Hip:** Taken around the fullest part of the buttocks.
- E. Under Arm:** With arm straight out to the side, measure from the underarm crease all the way down to the wrist (cuff if wearing a proper fitting long sleeve leotard while measuring).
- F. Bicep:** With arm down measure around the upper arm/bicep area.

### For Pants Only:

- G. Inseam:** The length of the inside of the leg from the crotch to one inch above the floor when barefoot.
- H. Waist:** Unlike the leotard waist measurement this will be taken where the waist band of your pants is most comfortably worn.



# DREAMLIGHT MEN'S SIZING CHARTS

(All Measurements are in INCHES)

## Singlets

	CXS	CS	CM	CL	CXL	ADXS	ADS	ADM	ADL	ADXL	ADXXL
Chest	23" - 25"	25" - 27"	26" - 28"	29" - 31"	32" - 34"	34" - 36"	36" - 38"	38" - 40"	40" - 42"	42" - 44"	44" - 46"
Waist	21" - 22"	22" - 23"	23" - 24"	25" - 26"	26" - 27"	27" - 28"	28" - 29"	30" - 31"	32" - 33"	34" - 35"	36" - 37"
Hip	23" - 25"	24" - 26"	25" - 28"	29" - 32"	32" - 34"	33" - 36"	34" - 35"	35" - 36"	36" - 37"	37" - 39"	38" - 40"
Girth/Torso	37" - 42"	40" - 45"	43" - 48"	46" - 51"	49" - 54"	52" - 57"	55" - 60"	58" - 63"	61" - 66"	64" - 69"	67" - 72"

## Warm-Ups

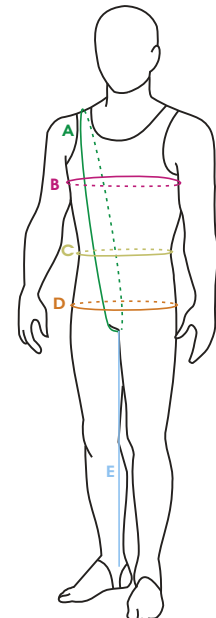
	CXS	CS	CM	CL	CXL	ADXS	ADS	ADM	ADL	ADXL	ADXXL
Chest	33" - 35"	35" - 37"	37" - 39"	39" - 41"	41" - 43"	43" - 45"	45" - 47"	47" - 49"	49" - 51"	51" - 53"	
Sleeve Length (from Shoulder)	16¼"	17"	18"	19"	20¼"	21½"	22¾"	24¼"	25½"	26¾"	
Jacket Length (front Zipper)	16¾"	17½"	18½"	19½"	20¾"	22"	23¼"	24½"	25¾"	27"	
Waist	20 - 22¾"	23 - 24¼"	24½ - 26"	26¼ - 27¼"	27½ - 29¼"	29½ - 30¾"	31 - 32¼"	32½ - 34"	34¼ - 35½"	35¾ - 37½"	
Hip	23 - 24¾"	25 - 26¾"	26¾ - 28"	28¼ - 29¾"	30 - 31½"	31¾ - 33¼"	33½ - 34¾"	35 - 36½"	36¾ - 38"	38¼ - 41"	
Inseam (Pants)	17¾"	19¾"	22"	24"	25¾"	27¼"	28¾"	30¼"	31¾"	33¼"	

## HOW TO MEASURE

The First step in finding the perfect fit is taking the correct measurements.

Measurements should be taken wearing a leotard (long sleeve if possible).

- A. Girth/Torso:** Taken from the center of the shoulder, down the front, through the crotch, and up the back to the starting point.
- B. Chest:** Taken with a deep breath, arms held out at shoulder height.
- C. Waist:** Taken at the natural waistline (narrowest part of torso).
- D. Hip:** Taken around the fullest part of the buttocks.
- E. Inseam:** The length of the inside of the leg from the crotch to one inch above the floor. Measure in stocking feet.





# SIZING CHART

<u>DREAMLIGHT</u>	<u>GK</u>
2-4.....	CXXS
4-6.....	CXS
6X-7.....	CS
8-10.....	CM
10-12.....	CL
12-14.....	ADXS
ADXS.....	ADS
ADS.....	ADM
ADM.....	ADL

\*Dreamlight leotards run a size **LARGER** than GK & Alpha Factor leotards.

## Important Dreamlight Sizing Tips

\*Dreamlight sizes are based on commercial clothing sizes and run **1-2 sizes larger than other leotard manufacturers.**

\*If measurements fall between sizes, use the smaller size for a tighter, competition fit or the larger size for growing room.

\*Select the row of measurements that best represents your size. If all your measurements do not fall within the same row, use the row that best represents most importantly your girth, then chest, then hips.

\*Effects fabrics and layered sheer mesh will fit tighter than plain nylons or velvets. We strongly recommend the use of our sizing demos that we offer in your specific fabric, to ensure you are getting the perfect fit.

\*Do not use last year's leotard, or another manufacturer's leotard to determine size. It **will not** be accurate.