

PANDASTRONG™. WOMEN'S SIZE CHART

Most products come in size SM. to 2XLRG, but not all. Some products are a different cut and may fit looser or tighter depending on the style. Please refer to the individual product descriptions as products with more stretch in them should fit according to your regular size you order. Products with less stretch we recommend going 1 size up. ALWAYS use a measuring tape to measure yourself in accordance with the size chart provided*

1. **Unisex Joggers** (The hips are averaged sized, for women with larger hips we recommend going one size up as they do have stretch and an adjustable drawstring on them)
2. **Bike Shorts** (They are a form shaping light compression short, if you are wider in the hips or glutes we recommend going a size up, although there is stretch).
3. **Yoga Shorts** (They are form fitting medium compression short. We recommend ordering according to the size chart. If you are wider in the hips or larger in the glutes or thighs area we recommend ordering a size up).
4. **Yoga Leggings** (The yoga leggings are a form fitting light compression leggings. We recommend ordering 1 size up if you are larger in the thighs, glutes or hips).
5. **Sports Leggings** (These are a heavy compression legging with stretch that fit similar to a skinny jean. We recommend you order 1 size up if you are larger in the thighs, glutes, or hips).
6. **Crop Tops** (Fits according to size. Order your regular size unless you are a bra cup size E or larger in the chest area, then we recommend ordering one size up).
7. **T-Shirts** (Fits according to size. Order your regular size unless you are a bra cup size E or larger in the chest area, then we recommend ordering one size up).
8. **Hoodies** (Fits according to size. Order your regular size unless you are a bra cup size E or larger in the chest area, then we recommend ordering one size up).
9. **¾ Length Sweat Shirts** (Fits according to size. Order your regular size unless you are a bra cup size E or larger in the chest area, then we recommend ordering one size up).
10. **Bikinis** (Fits according to size. Order your regular size unless you are a size DDD or larger in the chest area, then we recommend ordering one size up. Bikini cup size does not go larger than a cup size F).
11. **One-Piece Swimsuits** (Fits according to size. Order your regular size)
12. **Sports Bras:** As womens breast shape and back shape vary widely. The cups are removable in the bra itself. We recommend measuring the chest across the middle (nipple area) then directly below where the band would go around, and above the chest at the top of the breast. Divide these numbers into the average and pick the bra accordingly. Our largest size bra will fit a cup size maximum of a 44-K. If you have a very muscular back but a smaller chest we recommend getting a size that would accommodate your larger back as the stretch ability of the bra will adjust itself to accommodate that.
13. **Dresses** (Fits according to to size. Order your regular size)

**** If you are unsure about which size you are to order please contact us directly via email to: pandastrongpodcast@gmail.com or Message us on our Facebook or Instagram. ALWAYS measure your body using a measuring tape that is tightly placed around the body when measuring to ensure accurate sizing.**

ACCESSORIES: *Please refer to the size charts shown on the individual products themselves*****

PANDASTRONG™. SIZE CHART-----All measurements below are in inches.

SIZE	CHEST	WAIST	HIPS
SM	37.5	31.5	38.5
M	39.5	33.5	40.5
L	42.5	36.5	43.5
XLRG	45.5	39.5	46.5
2XLRG	48.5	42.5	49.5
3XLRG	52	45.5	52.5

HOW TO MEASURE ACCURATELY

CHEST

Put one end of the tape measure on the fullest part of the chest and bring the tape around the back underneath the armpits, and over the shoulder blades to where you started.

WAIST

Place the tape around the narrowest part of the waist and measure around. All PandaStrong™. Apparel products for women are generally high waisted to provide accurate compression and a form-flattering shape to most body shapes and sizes. If you are more square shaped, place the measuring tape around your belly button and measure around.

HIPS

Put the beginning of the measuring tape on one hip and bring the tape across the fullest part of the hips back to where you started measuring.