



<b>HEIGHT</b>	<b>CM's</b>	<b>WEIGHT</b>
4' 9 TO 4' 11	145 to 150	UP TO 175 LBS.
5' 0 TO 5' 2	152 to 157	UP TO 175 LBS.
5' 3 TO 5' 5	160 to 165	UP TO 205 LBS.
5' 6 TO 5' 8	168 to 173	UP TO 235 LBS.
5' 9 TO 5' 11	175 to 180	UP TO 265 LBS.
6' 0 TO 6' 2	183 to 188	UP TO 305 LBS.
6' 3 TO 6' 5	191 to 196	UP TO 325 LBS.
6' 6 TO 6' 8	198 to 203	UP TO 360 LBS.
6' 9 TO 6' 11	206 to 211	UP TO 360 LBS.
PLUS 1    4' 9 TO 5' 5	145 to 165	OVER 205 LBS.
PLUS 2    5' 6 TO 5' 11	168 to 180	OVER 265 LBS.
PLUS 3    6' 0 TO 6' 5	183 to 196	OVER 325 LBS.

**NOTE: FIRST TRY A TALLER HEIGHT.**  
**MANY TIMES A PLUS SIZE IS NOT NEEDED.**