

Girls' Leotards

Chest	Waist	Hip	Torso	Comfortable Fit
22 - 23"	17 ½ - 19"	20 ½ - 21"	38 - 40"	Child XXS (3-4)
23 - 25"	18 ½ - 20"	21 ½ - 23"	40 - 43"	Child XS (5-6)
25 - 26"	20 - 21 ½"	23 - 24 ½"	43 ½ - 45"	Child S (6x-7)
26 - 27 ½"	21 - 22 ½"	24 - 25 ½"	45 ½ - 47"	Child M (8-10)
27 - 28 ½"	22 - 23"	25 - 26 ½"	47 - 49"	Child L (10-12)

Women's Leotards

Chest	Waist	Hip	Torso	Comfortable Fit
28 - 30"	19 ½ - 21"	27 ½ - 29"	51 - 52 ½"	Junior (12-14)
29 ½ - 31"	21 ½ - 23"	29 - 30 ½"	52 ½ - 54"	Adult XS
30 ½ - 33"	22 ½ - 24"	30 ½ - 32"	54 - 55 ½"	Adult S
32 ½ - 33 ½"	24 - 25 ½"	32 - 33"	56 - 57 ½"	Adult M
34 - 35"	25 ½ - 26 ½"	33 ½ - 35"	57 - 59"	Adult L
35 - 36"	26 ½ - 28"	35 - 36"	59 - 61"	Adult XL

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:** taken 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 to the back to the starting point.

Rules of Thumb

1. Destira leotards run fairly true to size. Most often, a gymnast will wear the same size they wear in street clothes. For growing room, buy one size up.
2. Metallic fabrics have less stretch and will have a tighter feel when worn. Keep fabric type in mind when choosing size.

PLEASE EMAIL COMPLETED FORMS TO
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