



Your chest circumference is measured 2" (5 cm) below your armpits.

Your thigh circumference is measured 3" (7.5 cm) below the groin, on the side of your dominant thigh.

Start your back measurement at the bottom of your right buttock (gluteal fold) then take the tape over your left shoulder to bottom of your left collarbone (clavicle).

Part	Measurement	Sizes					
Back	NA	1 Size Fits All					
Woman's Shoulder Straps	Chest circumference 2" (5cm) below armpits	Small: 26-41" (66-104cm)			Large: 41-49" (104-123cm)		
Men's Shoulder Straps	Chest circumference 2" (5cm) below armpits	Small: 28-45" (71-114cm)			Large: 42-54" (107-137cm)		
Thigh Sleeves	Dominant thigh circumference measured 3" (7.5cm) below groin	Small: 18.75-23.6" (48-60cm)		Medium: 22-28.5" (56-72cm)		Large: 26.75-34.5" (68-88cm)	
S1000 Bands	Bottom of right buttock (gluteal fold), over the left shoulder, to bottom of left collarbone (clavicle)	Length: 1 29.5-32.5" (75-83cm)	Length: 2 31.5-34.5" (80-88cm)	Length: 3 33.5-36.5" (85-93cm)	Length: 4 35.5-38.5" (90-98cm)	Length: 5 37.5-40.5" (95-103cm)	Length: 6 39.5-42.5" (100-108cm)
S1500 (Strong) Bands	Bottom of right buttock (gluteal fold), over the left shoulder, to bottom of left collarbone (clavicle)	Length: 1 29.5-32.5" (75-83cm)	Length: 2 31.5-34.5" (80-88cm)	Length: 3 33.5-36.5" (85-93cm)	Length: 4 35.5-38.5" (90-98cm)	Length: 5 37.5-40.5" (95-103cm)	Length: 6 39.5-42.5" (100-108cm)
S2000 (Extra Strong) Bands	Bottom of right buttock (gluteal fold), over the left shoulder, to bottom of left collarbone (clavicle)	NA	Length: 2 31.5-34.5" (80-88cm)	Length: 3 33.5-36.5" (85-93cm)	Length: 4 35.5-38.5" (90-98cm)	Length: 5 37.5-40.5" (95-103cm)	Length: 6 39.5-42.5" (100-108cm)

