

GROIN STRAPS

SIZE CHART					
HEIGHT	WEIGHT LBS				
	100 LBS	120 LBS	140 LBS	160 LBS	180+ LBS
4'9" - 5'3"	S	S	S	M	L
5'4" - 5'5"	S	S	M	M	L
5'6" - 5'7"	S	M	M	L	L
5'8" - 6'+	M	M	L	L	L



SHOULDER STRAP

Shoulder Strap Small 4'9"-5'3" or 145-160cm
 Medium 5'4"-5'6" or 161-168cm
Sizing Large 5'7"- 5'10" or 169-178 cm
 X-Large 5'11"- 6' + or 179-183cm



ABDOMINAL / MATERNITY SUPPORT BELT

Support Belt Small: 0-6 up to 40" waist (30- 40 inches or 76 – 101cm)
Sizing Medium; 8-10 up to 45" waist (40 – 45 inches or 101 – 114 cm)
 Large: 12-20 up to 50" waist (45 – 50 inches or 114 – 127 cm)
 XL: 22-24 up to 55" waist (50 – 55 inches or 127 – 140 cm)
 Goddess XXL: up to 65" waist (55 – 85 inches or 140 – 165 cm)

