

AHEAD & KATE LORD FIT GUIDE

Men's Fit Guide	XS	S	M	L	XL	XXL	3XL
Chest (in)	33-35	36-38	39-41	42-44	45-47	48-50	51-53
Waist (in)	27-28	29-31	32-34	35-37	38-40	41-43	44-46

Please Note: **The dimensions listed above are for body measurements, not garment measurements.**

Women's Fit Guide	XS	S	M	L	XL	XXL	
Size	2	4-6	8-10	12-14	16-18	20	
Bust	32-34	34-36	36-38	39-41	42-44	45-48	
Waist	26-28	28-30	30-32	33-35	36-38	39-42	
Waist	34-36	36-38	38-40	41-43	44-46	47-49	

Please Note: **The dimensions listed above are for body measurements, not garment measurements.**

- Chest/Bust: Measure the fullest part and across shoulder blades
- Waist: Measure around the natural waistline
- Hips: Measure around the fullest part of the hip.