

# TWISTING RING - SIZING GUIDE

## To Measure Upper Hips (side to side measure)

Stack two "L" shaped rulers together. Place sides



of rulers 1" below the top edge of hip bones to get width of Upper Hips.



"L" shaped rulers  
(carpenter's squares)

## To Measure Lower Hips (side to side measure)

Place the two stacked "L" shaped rulers at the WIDEST part of hips - usually 4 to 8 inches below upper hips measure.

	Ring Size		
	Small	Large	XLarge
LARGEST person that will fit in Ring			
Maximum width Upper Hips	11"	13"	14-1/2"
Maximum width Lower Hips	14-1/2"	16"	17-1/2"
SMALLEST person that will fit in Ring			
Minimum width Upper Hips	7-1/2"	9"	10-1/2"
Minimum width Lower Hips	9-1/2"	11-1/2"	13"
Ring I.D. - Inside Diameter (without harness)	14-1/2"	16"	17-1/2"
Ring O.D. - Outside Diameter (without end swivels)	18"	19-1/2"	21"

