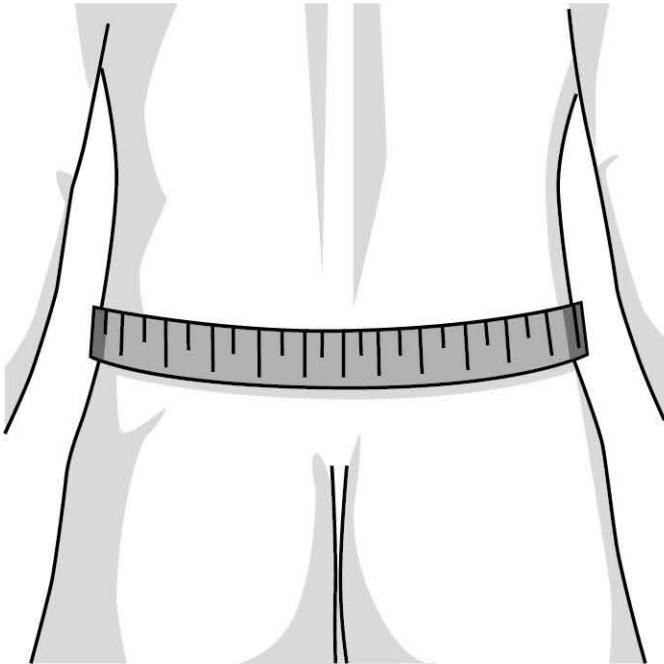


How to measure your back for a
LumboTrain® back support.



Measure your **waist circumference** at 1" below the belly button

Size	Circumference (inch)
1	27½-31½
2	31½-35½
3	35½-39¼
4	39¼-43¼
5	43¼-47¼
6	47¼-51¼
7	51¼-57