



Measuring Guide

Waist (At top of waistband)

Measure from one end of the waistband to the other with the garment laid down flat.

Hip (At 15cm below top of waistband)

Measure across the width of the garment at 15cm down from the waistband with the garment laid down flat.

Inside Leg

Measure from the crotch point to the hemline at the inside leg.



APTUS Performance Training Short
Code: AAAA111886

APTUS Performance Training Short

To fit (Inches)	18/20"	22/24"	26/28"	28/30"	30/32"	34/36"	38/40"	42/44"	46/48"
Waist (cm)*	24	27	31	33	35	41	46	51	55
Hip (cm)*	40	45	50	52.5	55	59.5	62.5	65	70
Inside Leg	11	13	15	17	18	19	20	21	22

***Please note these are garment measurements - NOT body measurements.**

PLEASE NOTE THAT GARMENT MEASUREMENTS AND SIZE ARE A GUIDELINE TO BRITISH STANDARD SIZING.