



## Measuring Guide

## Waist (At top of waistband)

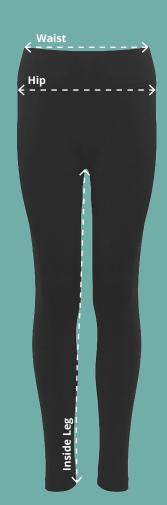
Measure from one end of the waistband to the other with the garment laid down flat.

## 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 Essentials Training Legging Code: AAAA112315

APTUS Essentials Training Legging							
To fit waist (Inches)			28/30″	30/32″	34/36″	38/40″	42/44″
To fit age	9/10	11/13					
Waist (cm)*	30	32.5	35	37	40	43	47
Hip (cm)*	37	38	40	42	44	47	51
Inside Leg	55.5	59	63.5	68	72	74	76

\*Please note these are garment measurements - NOT body measurements. PLEASE NOTE THAT GARMENT MEASUREMENTS AND SIZE ARE A GUIDELINE TO BRITISH STANDARD SIZING.