



## 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 Pant  
Code: AAAA112319

## APTUS Essentials Training Pant

To fit waist (Inches)							28/30"	30/32"	34/36"	38/40"	42/44"
To fit Age	3/4	4/5	5/6	7/8	9/10	11/13					
Waist (cm)*	25	26	27	28	30	31	33	37	40	43	47
Hip (cm)*	31	33	35	37	41	45	47	50	55.5	59.5	64.5
Inside Leg	39	42	45	51	57	66	70	76	78	79	80

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

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