

Ladies Leggings – Flat Measure

**All measurements are in centimeters*

Flat measure is base on the garment laying flat and the tap measure, measuring that location on the garment. It is not a circumference measure nor does it takes into consideration stretch of the fabric. It is in all essence a FLAT measurement guide of the garment.

	XS > S	S > M	M > L	L > XL	XL > XXL
Waist	28	30	33	38	41
Waistband width	9	9	9	9	9
Top hip	31	34	36	39	42
Crutch - front	17.7	18	19.5	21.5	30
Crutch - back	26.5	28	29	30	38
Leg length - <i>In Seam</i>					
FULL	71.5	72	72	73	74
7/8th	59	59	59	60	61
3 QTR (3/4)	46.5	47	47	48	49
BIKE SHORT	20	21	21	22	23
Ankle	9.5	10	11.5	12.5	13

Ladies Leggings – Sizes Measurement

All measurements are in centimeters & are based on real women that have tried and tested our leggings.

Please note that each person is different by proportion and no one is an exact measure. However this guide will assist in providing the most relevant fit based on your waist, hips & bottom measurements.

Zonkt Leggings Size	Average sizing*	Waist	top hip	bottom hip / bottom
X > S	6 > 8	60 - 67	68 - 80	84 - 92
S > M	8 > 12	68 - 79	82 - 97	92 - 106
M > L	12 > 16	80 - 89	92 - 100	103 - 113
L > XL	16 > 18	90 - 98	98 - 113	107 - 117
XL > XXL	18 > 20	99 - 109	114 - 130	118 - 132

**Average sizing = we found women that ranged in these "average sizing" in other garments matched the corresponding Zonkt size. (E.g. women that were sometimes an 8 & other times a 10 would fit a S > M in Zonkt leggings).*