



## 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

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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.