



## 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.