



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 Short
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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)*	24	25	26	28	30	32	34	38	43	47	51
Hip (cm)*	35	37	40.5	42.5	46.5	50	52	55	59.5	62.5	65.5
Inside Leg	6	7	8	9	12	15	17	18	19	20	21

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

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