



## 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  
Code: AAAA112318

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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.