

LADIES TRAINING SHORTS SIZE GUIDE

Size	6	8	10	12	14	16	18	20	22
1/2 waist relaxed	31	33.5	36	38.5	41	43.5	46	48.5	51
Outside leg length including waistband	34.5	36	37	38.5	39.5	41	42	43.5	45

* Measurements in cms. Tolerance 1-2cm.

UNISEX TRAINING SHORTS SIZE GUIDE

Size	XS	S	M	L	XL	2XL	3XL	4XL
1/2 waist relaxed	34	36	38	40	42	44	46	48
Outside leg length including waistband	43	44	45	46	47	48	49	50

* Measurements in cms. Tolerance 1-2cm.

KIDS TRAINING SHORTS SIZE GUIDE

Size	K4	K6	K8	K10	K12	K14	K16
1/2 waist relaxed	26	27	28	29	30	31	32
Outside leg length including waistband	29	31	33	35	37	39	41

* Measurements in cms. Tolerance 1-2cm.